CHILDREN
The PARENTS' Magazine

ON REARING CHILDREN FROM CRIB TO COLLEGE

When a Girl Gets Boy Crazy

On Hitching to Stars, by Dr. S. Parkes Cadman

Preventing Colds—Friction in the Family

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Bran Biscuit and Milk

For between meal snacks, let the children have Bran Biscuit with or without milk. These crisp, tasty wafers put an edge on the appetite. Featured this month at all Health Food Centers.

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March
1929
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The CHILDREN'S PARENTS' Magazine

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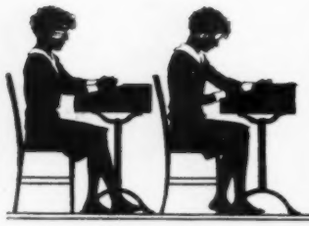

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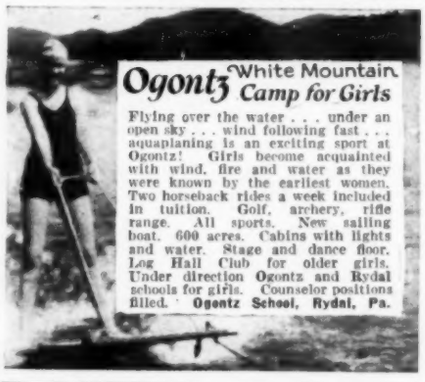
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The Modern School Needs Co-operative Parents

An Editorial Message

By STANWOOD COBB

President, Progressive Education Association

ONE of the most significant signs of progress in the education of young children today is the growing rapprochement between the home and the school. The modern mother is distinctly interested in the education of her child, and is not willing blindly to delegate this important matter to others. And this is as it should be. No matter how excellent the school and the teacher, every mother should take time personally to visit the child in school, observe the classroom methods used, and study the educational environment of her child and her child's reaction to it.

It is not safe for the parent to assume that all she needs to do is to hand her child over to the professional educator, and then abnegate all subsequent scrutiny and judgment. No specialist is the final criterion, in any line. The public must remain always the court of judgment. The parent should study the school, analyze it, detect its good points and its limitations.

But is the parent qualified to judge in this intricate matter of education? My answer to this is, that it is the duty of every mother to make herself acquainted with the newest developments in child study, child philosophy, child training and education. She must become qualified to choose the right school for her child.

In the case of the private school, there is a freedom of choice within a certain limited field. But what about the local public school? Supposing it is found upon investigation to be inefficient, hopelessly behind the times? What can be done about it? A great deal can be done, once the force of intelligent, organized public opinion is brought to bear! Parents, do not delegate the public schools of your town to the school board you elect, and to the school officials whom they engage. If they are inefficient, you are the final cause. It is your intelligent interest and co-operation that is needed to help make the schools of your community up-to-date and effective.

The modern school will seek to co-operate with the parent, and lend all the assistance of its educational science and educational equipment toward helping the child to achieve a normal, wholesome, and happy development in every direction. This sympathetic reaching out on the part of the school into the home is most effectively accomplished at present in the case of the newer types of private schools, and in the few public schools equipped with a personnel for this purpose.

The time will come when all schools will be so organized and so equipped as to fully co-operate with the parent in all the problems that concern the child. For just as the parent cannot abnegate responsibility for the child while at school, so likewise the school should not abnegate responsibility for the child while at home. This new reciprocal attitude, this closer rapprochement between the school and the home, results from the new conception of education now gaining force everywhere, which is that the child is the center of things.

"The future of the race marches forward on the feet of little children"—*Phillips Brooks*

Brother and Sister

By Lydia Field Emmet

On Hitching to Stars

When parents and children clash the trouble is often due to the fact that grown-ups fail to appreciate that priceless possession of childhood—imagination. Suppress it and their lives will be impoverished. Encourage it and it will lead them far toward happiness and success

By S. PARKES CADMAN, D.D., LLD.

Federal Council of the Churches of Christ in America

IMAGINATION is scientifically defined as the faculty of framing an image in the mind. The definition does but scanty justice to this gift of gifts. Its constructive power is quite as definite as that of any of the physical senses, and infinitely more important in its range and operation. By this mysterious power we form mental pictures before we think them, and without these pictures the mind could not proceed to know or to comprehend. Legend, myth, art, science, law, philosophy, creed and religion alike spring from man's unique endowment of the imagination. It is his pioneer for the seen and unseen worlds, striking out in uncharted regions, and blazing the trails experience afterwards pursues. It is the creative energy behind education, industry, social organization and government. By its exercise barbarism and civilization have been evolved, and the former displaced by the latter. Its rule covers the entire realm of human vision and achievement. Its lucidity determines our quickness of apprehension. Its breadth and sympathy determine our freedom from bigotry and prejudice. Its informed character determines our intellectual value. Its discipline determines our soundness of judgment. What the Bible calls "the eyes of the heart" modern speech calls the imagination. By it we *see* not only the visible, but the invisible, and the sight of the invisible is the principal source of our enrichment. Few will dispute Joseph Addison's dictum that a well-exercised imagination, a correct judgment and a good conscience are life's three best guides.

Imagination is *the* vital factor in children, adolescents and adults. Their peace and welfare depend upon its functions.

The fact that imagination is the sole intellectual faculty having direct contact with the bodily organs intensifies the meaning of what has been said. The eye, the ear, the face, the palate, become the vehicles of its expression. Guilt or innocence, sorrow or joy, cowardice or courage are registered by it in our flesh and blood. Under its grasp they are as clay in the hands of the potter. Instances in proof of this could be quoted ranging from sudden restoration to health to complete paralysis, and even death itself. None can tell how much the totality of our thought and action is traceable to the images which stamp themselves upon memory and mold behavior.

Let us therefore dismiss, once and for all, the idle notion that imagination is by nature vague, chimerical and misleading. On the contrary, it is the precious possession of the priest, the poet, the orator, the musician, the actor, the statesman, and the child. It decrees the happiness or misery of courtship and wedlock. It presides over the destinies of the domestic hearth. It paves the way to paradise or to perdition. Children are its recipients at the prime. They live in the gorgeous palaces it constructs for them, and their imageries should not be violated by parental ignorance or unkindness. Adolescents move in its enchanted kingdom of possibilities, the exuberance of which should not be too sternly repressed by older people. Age, conduced by memory, loves to traverse the teeming fields of retrospect, and to link its infirmities with golden hours which are no more. In this constant procession of images, those come first which relate to the physical senses. A hungry lad staring at delicious food in a restaurant window conceives a luxurious feast. His conception so affects the glands of his mouth that the digestive saliva flows down its corners. Countless workers earn a livelihood by their acute sense of touch. They appraise the value of fabrics by the aid of "touch images" previously lodged in the brain, and derived from their repeated handling of the goods in question. The musical critic likewise relies upon "sound images" which enable him to estimate the merits of a song or a symphony rendered by artists of renown.

Turn from stores, concerts and factories to Nature. Wordsworth believed that every flower that grows rejoices in the air it breathes. Shelley shared this belief, and not a few scientific authorities support it. Assuredly there is a palpitating parable in our surroundings which deserves further elucidation. Man discovers as he pro-

Imaginative Boy

By ETHEL LOUISE KNOX

HIS wide eyes look at worlds beyond our own.
He never sees the dingy commonplace
We know, and all the dreary monotone
Of everyday presents a radiant face
To him. Like lanterns lit, his trooping thoughts
Twinkle and play upon the moving crowd,
Seeking adventure, doughty Argonauts
Upon the Sea of Dreams. Too shy, too proud
To share with one who might not comprehend
The texture of the garment Beauty wears,
He dwells apart—where changing colors lend
A softer glow to gleaming thoroughfares.

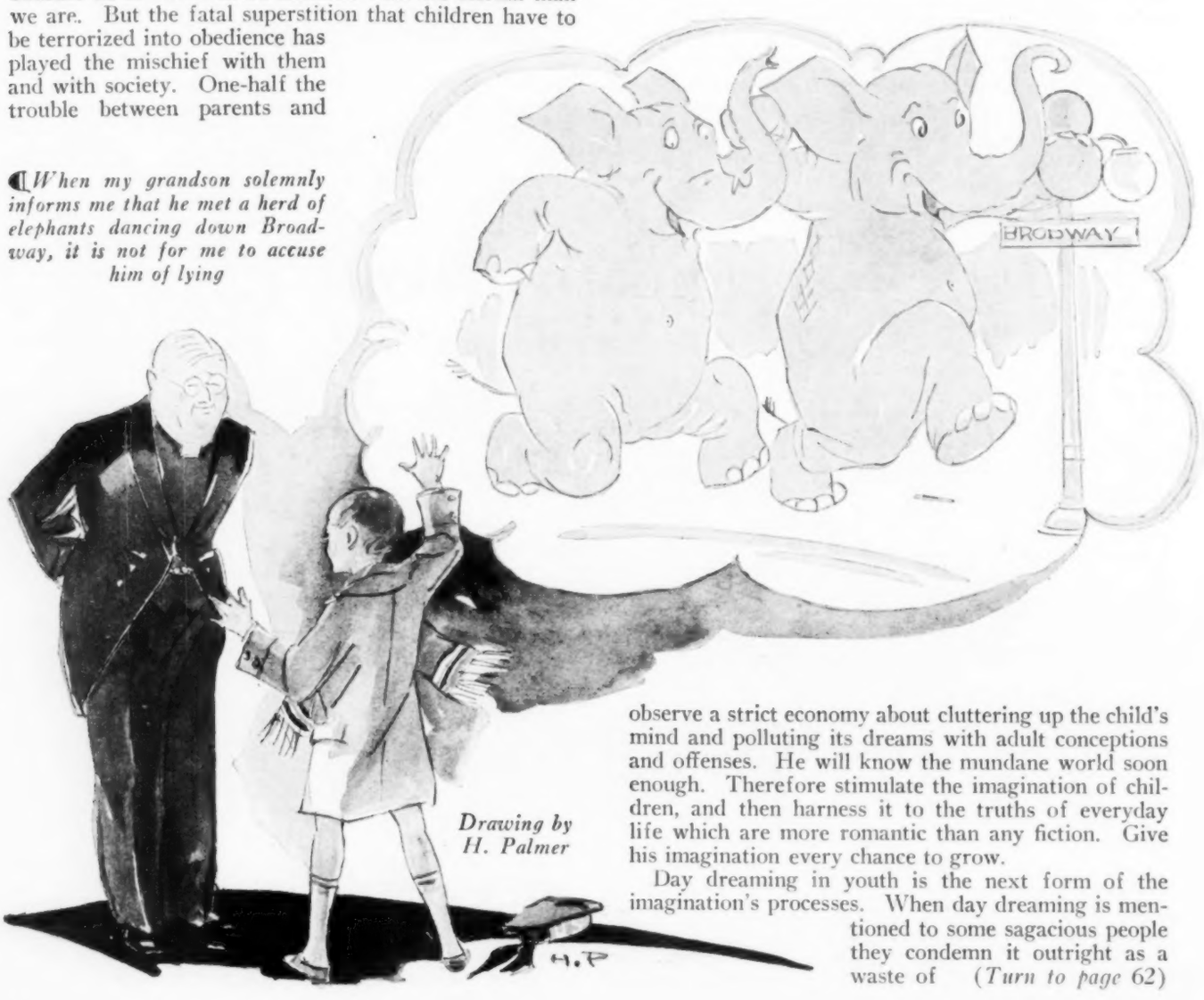
YOUNG JASON brought at last the Golden Fleece.
And shall imaginings attain—release?

gresses that he does not live by bread alone. He is in tune with his environment, and the more profound the harmony, the better and sweeter is life. For him the stars revolve, the ocean tides rise and fall, the winds breathe in the forest, the blossoms shed their fragrance. Through whatever he tastes, touches, sees, hears, or smells runs the spinal cord of an ascertainable purpose. When Charles Dickens was the prince of novelists, there were certain streets in London into which he never went if he could avoid it. They had witnessed the crucifixion of his sensitive boyhood's pride. When we long to escape from ourselves, to be rid, if but for an hour, of the struggle we have incessantly to wage, we can summon the images of peace, serenity and achievement. Imagination compels them to serve us and to place their sacred stores at our disposal.

Though imagination is a gift demanding serious attention from parents, pastors, teachers and friends of youth generally, it seldom receives this attention. Like the conscience, it is entirely too common to excite curiosity. Yet we have to live with both faculties, and the standards of our living are closely articulated with them. To remedy the neglect, begin with the child. Its lot is fixed by the time it is six years of age, and since from that age imagination is in full flow, it should be intelligently guarded and nourished. The more I see of infancy and childhood the more I respect their wonderful wisdom. Every youngster has the right to be merry as a grig because he or she is more intimate with the eternal than we are. But the fatal superstition that children have to be terrorized into obedience has played the mischief with them and with society. One-half the trouble between parents and children is due to erroneous and even brutal treatment of youthful image making. When my grandson solemnly informs me that he met a herd of elephants dancing down Broadway, it is not for me to accuse him of lying. The lie, as adults practice it with intent to deceive or betray, is not in him. He is only allowing me to get under his skin and glimpse the enchantments in which he revels. "But what is done to correct this exaggeration?" inquires an anxious mother. My good lady, soar with the child, and *outsoar him,* until he is aware that you have passed the frontiers of the possible. Then gently bring him down to earth again. This is infinitely better than imputing to him a sin of which he is unconscious, and a guilt foreign to his feelings.

Another example of overstrain and wrong direction of the child imagination is that false presentation of God as a sort of vengeful tyrant on the prowl to detect and torment the little transgressor. I write of this maltreatment with emphasis because I suffered from it in my childhood. At a later stage I found that the winsomeness of the Deity as portrayed by Jesus was as grateful as sunshine after a tempest of thunder and lightning. This superstition poisoned many generations and bred much future skepticism for the churches to encounter. Children are entitled to know the pure, the lovely, the transcendent, and all which is of good report. In the light of the truth that every adult could dispense with one-half he knows, and be the better for it, we should observe a strict economy about cluttering up the child's mind and polluting its dreams with adult conceptions and offenses. He will know the mundane world soon enough. Therefore stimulate the imagination of children, and then harness it to the truths of everyday life which are more romantic than any fiction. Give his imagination every chance to grow.

Day dreaming in youth is the next form of the imagination's processes. When day dreaming is mentioned to some sagacious people they condemn it outright as a waste of (*Turn to page* 62)



When my grandson solemnly informs me that he met a herd of elephants dancing down Broadway, it is not for me to accuse him of lying

Drawing by H. Palmer

Sunshine via Food!

A Remarkable Discovery in the Field of Child Health

By ANTHONY J. LORENZ

The writer, a well-known journalist, is a specialist in interpreting the more abstruse phases of scientific research for the laymen. He has been during recent years in close touch with the work of Professor Steenbock. This article, based on personal interviews with him, has the scientist's approval

WHEN the Swabian peasants, noted for their naiveté, decided to build their own town hall without the aid of an architect, they overlooked providing it with windows. On its completion, they found its interior pitch dark. A brilliant thought occurred to the village sage. It was put into action. Under his direction the peasants trooped to the mill, gathered up all the empty grain-bags, and spread them out in the summery sunlit meadow. When they believed them filled with sunlight, they carried them into the windowless town hall and opened them up. The darkness of the interior remained as black as before. The peasant experiment with light failed, the old folk tale records.

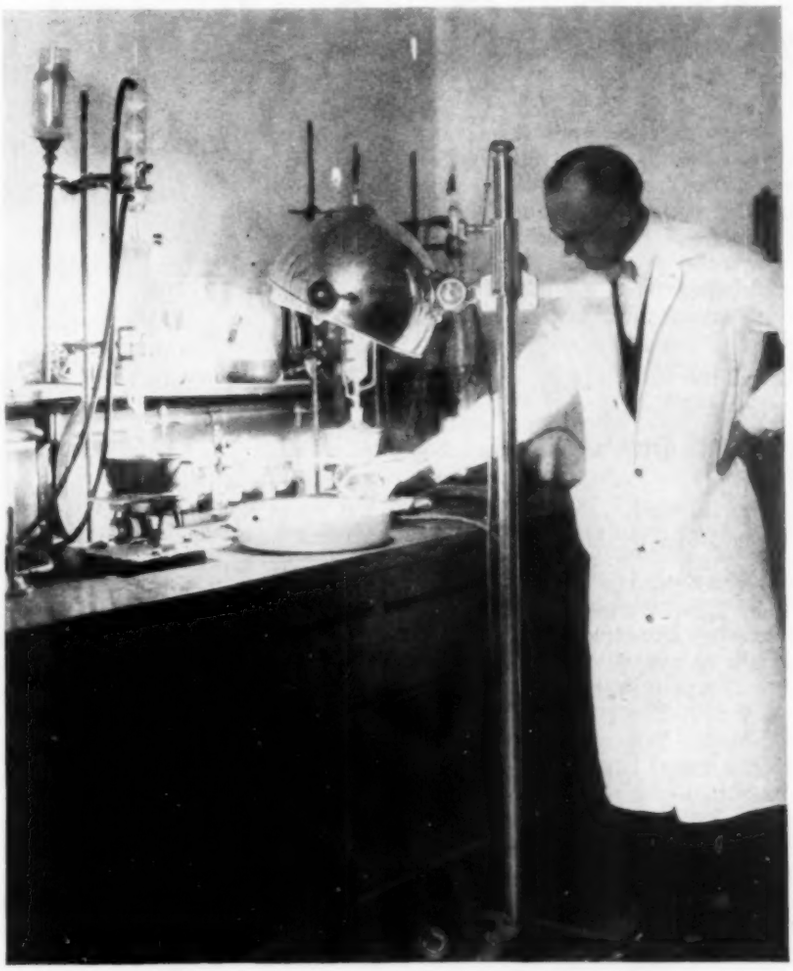
What the naive mind of the Swabian sage thought literally possible, that sunlight might be transported in grain-bags, has now become scientifically true.

A quiet American university professor, Harry Steenbock of the University of Wisconsin, discovered a method to put sunlight into grain-bags, not the empty ones of the peasants, but those filled with the product of the golden harvest fields. By exposing the milled grains to the rays of ultra-violet sun-lamps the scientist has found it possible to give them a dash of sunlight. Not only cereals, but a great variety of other foods, other famous scientists working in the field of light and food research found, can thus be "irradiated," as the process of imparting vitamin D by means of ultra-violet rays is called.

Milk, both the powdered and the liquid, olive oil, egg yolk, in the hands of the carefully trained scientist, can be imbued with this sunshine vitamin, which builds strong bones and teeth in the growing child, and replenishes the store of lime from other foods in the adult body.

The discovery of this artificial yet quite natural production of vitamin D was made virtually simultaneously by Steenbock, working with cereals, and Dr. Alfred Hess, of New York City, working with milk. It was performing a modern miracle of high energy nutrition. It changed the old order of the ancient sun doctor who, hardly knowing why, placed soft-boned, sickly children in the bright sunlight. All he knew was that the children imbibed health and strength from the sun's rays. How this took place, he did not know. Mothers today know it, for science has taught them that the ultra-violet rays of sunlight or sun-lamp have a peculiar power to aid the human body in making use of lime and phosphorus salts, minerals which the intricate human machine requires for health.

Just how the sunlight factor of the ultra-violet lamp enters into the cereals, and through the foods into the body mechanism, is somewhat of a scientific mystery. But like so many miracles, it happens nevertheless.



Professor Harry Steenbock in his laboratory

The growing things, animal and vegetable, have a community interest in sunlight. They have a common substance which absorbs the energy of the invisible light rays and thrives upon them. That substance is "ergosterol." It is found in the human body, in the skin which is rich in it, and the general belief is that the skin-ergosterol is activated when the body is exposed to clear sunlight or the rays of the ultra-violet sun-lamp. In other words, the vitamin D which gives cod-liver oil its power to fuse the lime of milk and other foods into healthy bones, is also

(*Turn to page* 51)

¶Be hospitable to your daughter's confidences and to the boys she likes—and your home will be filled with music, gayety and youthful comradeship

When a Girl Gets

Nature has planted in boys and love that will lead, if rightly

WHEN a girl reaches the age of thirteen or thereabouts she is apt to become infatuated with boys. But no mother likes to acknowledge it unless she can frankly look to her own childhood and remember the thrill she got from twelve-year-old Johnnie, who used to hand her apples or squashed caramels as he passed her in the corridor at school or perhaps waited for her outside the girls' gate to carry home her books.

I know that I can remember, without any self-reproach at all, the black-eyed boy I liked best at the parties when I was thirteen. We played kissing games, too, Post Office, and Clap In, Clap Out, and Spin the Platter, and Forfeit. Also, we had a secret post office in a hollow tree on the way to school, where brief but fervid notes were hidden in a tin baking-powder can. Mine from the dark-eyed boy were mostly in verse,

"The rose is red, the violet's blue,
Honey's sweet, and so are you."

And once there was another from a red-haired boy who wore green silk bow ties,

"East, south, north, west,
You are the one I love the best."

So, after dinner, now, when my three youngest daughters claim the "mother hour" and we talk of everything that is on their minds, after they have told me their problems with boys, they are apt to say,

"But, Mother Dear, didn't you ever let a boy kiss you when you were a girl? Don't you remember, Mother, what boys were like? You can talk to them and pal with them and feed them, but once in a while one of them wants to kiss you."

And I admit to them that I did have my favorite boy friends, and wrote notes to them, and played kissing games, and even exchanged locks of hair. I know, too, that they feel much more confidence in me since I showed them one little old lock of rather oily black hair tied with an old pale blue ribbon, and attached is a slip of paper, "If you don't love me, I shall Dy." They will come and tell me of their own budding school romances and ask my advice, and after hearing all about their experiences, I usually give them as little advice as possible and let them work it out themselves. For I have a firm faith that if you give children at the outset, a code in which mingle ideals, good taste and common sense, they will grasp it sooner or later, and you will find them reacting to it unconsciously in certain situations.

Environment, of course, plays a large part in children's lives along with propinquity and natural selection, the last more than all, possibly. You may plan your permanent home in the best residential section of the community in which you live, with the hope that your girls will choose their boy friends only from your own friends' families, or from your immediate neighbors. And suddenly you will discover the curly-haired grocer boy lingering by the side gate on Saturday morning, with some token of his affection for your fourteen-year-old daughter.

Or her younger sister—my girls are only two years apart, so I have had the problem repeat itself at frequent intervals—will look self-conscious when a certain whistle sounds at dinner time. We exchange glances, and I nod my head. She knows she may be excused and go out and meet the whistler, but she is to invite him into the living room, or onto the veranda to wait for her, and she can be quite sure that the entire family will not descend upon her and her guest. Even at thirteen. I would not embarrass her for worlds. At a decent interval I may come into the room after a book, and I will be introduced

Illustrated by H. M. Bonnell

Boy Crazy

By IZOLA FORRESTER

girls a very natural urge toward directed, to happy unions

and have a chance to look the young man over. He is probably a schoolmate and around fourteen or fifteen and terribly ill at ease. So we talk a little together, and I leave them for half an hour or so while the other girls come in and they start the radio or get out some games, or just talk school gossip. I may have found out that he lives on the wrong side of the railroad track, so to speak, but if he is a school friend of my daughter's, he is likely to be a good sport and a gentleman, for Peg at thirteen picks her men, and so I treat him as such.

But a mother who takes this attitude of tolerance is apt to find herself open to the censure of parents who are strict. Last evening Izola, Jr., came to me in dire distress. She and two girls who are her particular friends had planned to club together on a Hallowe'en party. Since we had the largest garden grounds, the girls wanted to have the party at our house, and I said of course they might. Then they broke the news. This was not to be exactly a formal party, that is, they only wanted to invite their school friends, not mother's usual social list of children of friends. They wanted dancing, radio, refreshments, and games, and Chinese lanterns in the garden, and they were sure they could manage it all themselves.

I know what the usual normal junior-high boy of fifteen or fourteen is up to, so to speak. I have had two of my own, and I always plan to circulate around at a party and keep one eye on the youngsters who might get the idea of parking out in the cars, or any boy with a flask on his hip. And if you do not believe that really nice boys of today of from fifteen to seventeen go to parties with a flask, you simply do not know conditions. At one party, I remember the fourteen-year-old son of our club president appearing with four different flasks in his car and on his immature hip. When one of the girls told me about it, I didn't send him home, but talked with him, with the result that he left them out in the car. I just put it up to him as a matter of good taste from hostess to guest, that I would rather he did not produce any liquor at the party.

Generally, I have found that boys will do their own policing, if you tell them to. Not so long ago, at a party here, when one of the high-school boys appeared in a condition the girls objected to, the other boys took him to the Pacific and gave him a cool tubbing.

So the party for Hallowe'en was all set when the mother of one of the girls said she could not come to it. I was appealed to and delegated to call up Mrs. A— and win her consent. To my surprise she told me in a very firm tone that she did not think I or other mothers realized what was going on, that she and her husband objected strongly to their fourteen-year-old daughter having boy friends, and did I know that one boy had been seen kissing one of the girls on the way home from school?

I wondered whether she had never let a boy kiss her when she was fourteen, and told her that I was sure girls of junior-high age were most certainly beginning to think about boys, and that mothers and fathers must face the situation with understanding and sympathy and humor, too. But, she asked me, did I approve of letting girls of that age get boy crazy? How were we to help it? I answered. Nature has planted in boys and girls a very natural urge towards love that will lead, if directed rightly, to happy unions. It is perfectly normal, and nothing to be afraid of or horrified over. I explained to her that if we shut a girl up at home and deny her normal friendships with boys of her own age, we will only make her the prey to her own inverted longings, and also, she is quite liable to fall in love with the first man who pays her any attention when she is older. If she has no opportunity of becoming acquainted with boys, and acquiring social poise in meeting and entertaining them rightly in her own home, (*Turn to page 72*)

Don't Handicap Your Child with Baby Talk!

By JESSIE CHASE FENTON

Author of "A Practical Psychology of Babyhood"

© H. Armstrong Roberts

EVERYONE likes to talk to a baby. And no wonder, for there is no more appreciative listener in the world. The baby gives his precious very-first smiles in sociable response to one's efforts to be entertaining. He beams upon the feeblest of conversational sallies, and if one chatters to him with vivacity, he grins and crows, and goes off into showers of delightful baby gurgles. It is a stolid and taciturn person who is not moved to strike up an acquaintance with every baby who seems in the least inclined to be sociable, and to open up a conversation on the slightest opportunity.

But what an extraordinary amount of nonsense, not to say sheer imbecility, is poured into defenseless baby ears! People seem to think that nothing is too foolish to say to a baby. Perhaps they assume that he doesn't understand one's remarks, and hence that what one says is of no consequence, or perhaps they are merely too careless to go to the bother of speaking sensibly, when their audience seems so undiscriminatingly amiable.

Now there is no one whose life is made up so entirely of the business of learning new things as is the baby's. The simplest facts concerning himself and the world about him are for him mysteries to be solved, and every moment of his waking day brings its small but significant lesson. One of the most important sources of his education consists in what he hears from those about him. It does make a difference, then—a very great difference—to what sort of conversation he has to listen.

One of the huge tasks of babyhood is that of learning language itself. And in this, of course, the small student must depend entirely for his teaching on those about him. He cannot burst into speech by instinct, as a bird bursts into song. Instinct gives him the impulse to use his vocal muscles for the production of sounds, but it does not teach him what sounds to use to express meanings. Imitation does that, and the baby must trust to his environment to supply him with a good copy. It is only by hearing other people talk that he can discover that there are such things as words, that they have meanings, and what these meanings are. Happy the baby whose companions respect his dawning intelligence, and talk to him simply and clearly. But consider the plight of the poor little fellow who hears himself called a "p'ecious 'ittle tweetums"; whose feet and hands are referred to as "tootsie-wootsies" and "paddies"; who seldom hears a good sensible English word in its proper form. It is a difficult enough task at best for a baby to learn to associate correct meanings with words, when all words are new and strange, and there are so bewilderingly many of them! Think how appalling the task becomes when the words he hears are not even clear and consistent—for baby-talk words are never twice the same. He hears a familiar object called now this, now that, according to who is speaking; when people speak to him they call it one thing, when they speak to each other, another. Can you imagine trying to learn a foreign language correctly from a teacher who spoke most of the time a garbled dialect?

The best intentioned parents are likely to fall into the baby-talk habit when the baby begins his own funny first attempts at speech. His absurd mispronunciations are so ridiculous and so cunning that one is all unthinkingly lured into imitating them. But, O adoring mothers and fond daddies, and doting aunties and grandmas! you must be stern with yourselves in this regard. It isn't fair to confuse the small person who has so much to learn—just for your own amusement. And after all, it is only for a very short time (*Turn to page* 40)

Friction in the Family

Do the members of your home circle ever disagree? Why such disagreement is normal and wholesome and how it should be handled is explained in this article by an eminent psychiatrist

By IRA S. WILE, M. D.
Author of "The Challenge of Childhood"

Parent-Teacher Associations, Mothers' Clubs and Child Study Groups are invited to use this article and the outline for study on page 73 at their next meeting

FRICTION must be regarded as inevitable in family life. Differences are bound to occur among the members of any family, and differences involve friction. This fact is frequently a source of worry and regret on the part of parents.

"My children quarrel among themselves," a mother confided to me almost in a whisper, so distressed was she that this should be the case. Many a mother comes to the psychiatrist grieved and worried because the eldest boy and his father "Can't seem to get along together" or because she and her adolescent daughter have come upon a time of sharp disagreement.

This distress and anxiety on the part of these parents is natural enough. But it is proof of the fact that they have not looked beneath the surface of the situation. As a matter of fact, life in a family where everyone always agreed on everything would be about as stimulating as the stagnation of a frog-pond. Individuals who are alive, who are thinking, growing, feeling are bound to disagree with other individuals, whether the latter are their sisters and their cousins and their aunts or whether they are outside the family group. Parents, instead of worrying about such disagreements, should realize that they are a perfectly natural, permissible part of family life — are even desirable — within limits.

Conflict in the home circle is apt to be especially keen when the children have reached adolescence. One of the outstanding facts about this period is that as the consciousness of self develops in the boy or girl it comes into sharp conflict with authority. And parents represent authority. As his powers develop, as his individuality asserts itself, the young person grows more critical and resentful of an authority imposed from without. Up to this time he has been his parents' child. Now he wants to be himself, to belong to himself, to be a free and independent human being.

"But he is still my little boy!" a mother to whom I was attempting to explain this situation objected. "He isn't old enough yet to know what is best for him. He is only seventeen!" And the mothers of daughters in their teens are equally shocked by the idea that their darlings are no longer little girls to be treated as such, but that they are already on their way toward womanhood.

Adolescence is no time for parents to attempt to deal with their sons and daughters through pressure or punishment, threats or deprivations. The parental function now must be largely that of guide. Parents may point out the way, but the young person must be permitted to follow it at his own rate of speed. What that speed is will be determined by the boy's or girl's physical and mental development and by the emotional enthusiasms and satisfactions he discovers along the way.

The parent who accepts the rôle of guide at this point in his children's development is apt to make the mistake of being too complete a guide. He wants to chart out the adolescent's entire course. He would like to provide him with a tourist ticket which would carry him safely through adolescence to maturity allowing for no stopovers and certainly no detours. Youth resents such complete supervision. The understanding parent will adopt a different method, will content himself with merely indicating possible goals in life, and routes that may be followed to attain these goals. The young person sensing no coercion in this treatment is apt to listen and be guided. If such a course is followed, there need be little or no friction. However, friction between the parents and the adolescent may at rare times serve a worthwhile purpose if it succeeds in deterring the boy or girl from following an unsafe course.

To free youth from parental control—that must be the aim of both parent and child as the boy or girl grows toward maturity. Adolescence must work toward self-control, self-guidance, self-correction. These are the expression of mature powers. The young person is happy, normal, successful according to the degree of success he attains in working toward these ends.

"But you must admit that it is often very difficult to get along with young people when they have reached this stage," a father remarked in a discussion regarding the difficulties he and his wife were (*Turn to page* 68)

To Those Desiring Immortality

Put not your faith in brave, bright words
That fashioned are with pain,
That wring the colors from the earth,
The silver from the rain.

Put not your faith in strong, sure hands
That mold in clay and stone
The dream which feeds upon each soul
Encased in flesh and bone.

But beat the stone to blowing dust,
Stifle the golden song!
Such immortality as this
Will last a brief day long.

Let your heart be workman then,
Your fashioning be fleet—
A little face and little hands
And little wayward feet!

FRANCES M. FROST

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What a Camp Can Do

There are some things that a camp can do for your child that a home cannot

By BARBARA LITTLEJOHN

NO doubt nothing in the world can make parents as angry as the remark which too frequently they have to hear—that parents are the very worst people with whom their children can associate. Usually the person who says it is a childless educator or reformer (wasn't it George Bernard Shaw who first dared to utter such blasphemy?) who hasn't the slightest idea what an enormous difference it makes whether or not you are emotionally involved with the child you are trying to bring up. It is one thing to be wholly objective and impersonal; it is quite another to see the same problem subjectively. The child, moreover, reacts differently to the persons from whom he expects those intangible personal contributions to his well-being, notably affection and security, which the parent is usually called upon to supply, than to teachers and playmates and uncles and aunts, to whom he looks for quite other things.

No one was more vociferous in her defense of parents as fit company for their children than I until I had the illuminating experience, this past summer, of living on the edge of a girls' camp, in the little inn maintained for visiting relatives and friends of the campers and their counselors. There I had an unusual opportunity to observe the ways of parents with their children—and the results. And the way skilled counselors handled the same children—and the results. And, now, I am almost ready to say that the more I saw of other people, the less I thought of parents.

That is not quite fair, however. For parents are a heavily handicapped lot and there are factors inherent in the camp and school environment which simply do not exist in the home. There are, in short, things which the camp can do and the home cannot, just as there are, to be sure, things which only a home, a real home, can contribute to a child's life. And there are a great many things which the home and the parents can learn from the camp which could be immensely helpful in perfecting a painless process of bringing up children. Let us see what some of these are.

At the outset, however, we must admit that there are certain advantages which the camp has over the home, *ipso facto*. In the first place, the counselors are (or ought to be) a picked group of people, selected to do this work because of their understanding and love of

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Tents all in order, the girls are ready for a paddle down the lake

Cleaving the water in a canoe is grand and glorious sport, besides, it develops self-reliance. The only thing more invigorating perhaps is a plunge in the lake on a hot day

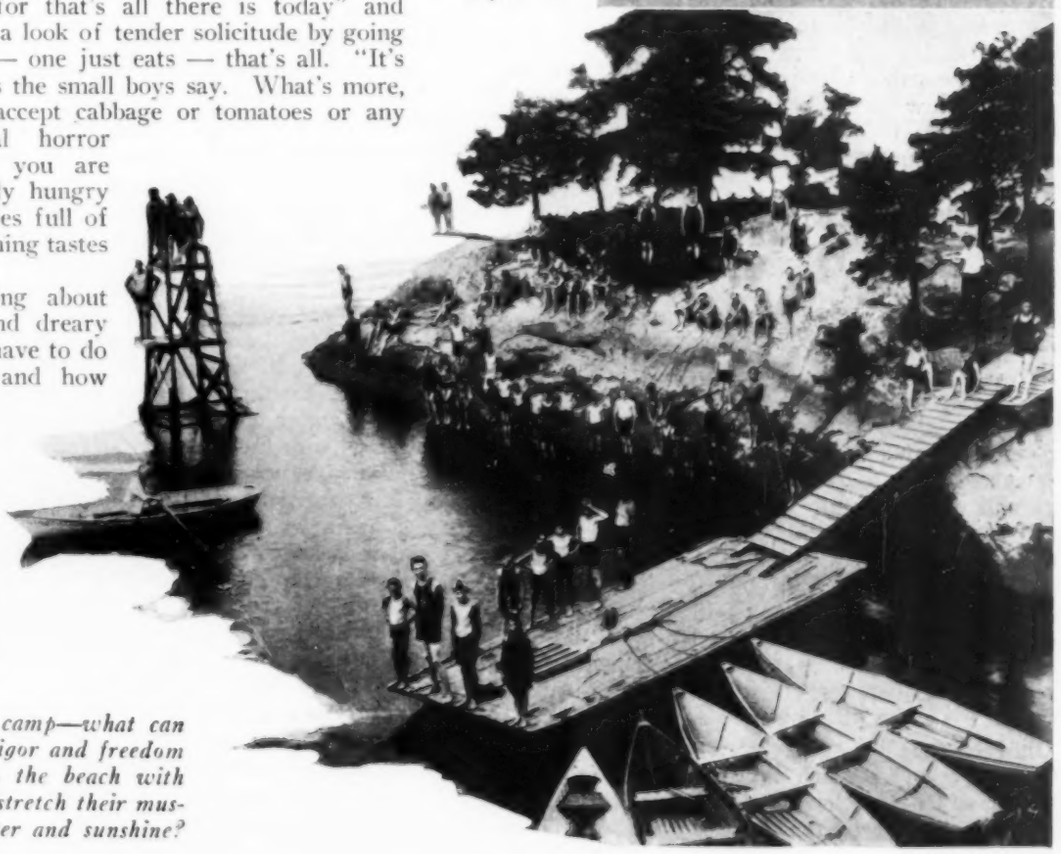
children and their skill in dealing with them. As most of them are teachers, by profession, they have studied child psychology and pedagogy and what they never found out from books, they learned from experience in the classroom.

Parents, on the other hand, as we all know, are a haphazard lot. They "jes' come that way by nature" and if nature endowed them with wisdom and understanding, their children are thrice blessed. If they didn't—well, some day, when this thing which is called Parental Education has permeated the curricula of all the colleges and the schools and reached even illiterate parents through other channels, then Mr. George Bernard Shaw may have to swallow his words and grin and bear it! Meanwhile, parents would do well to observe the ways of teachers and camp-counselors with children and learn from them.

The second great advantage which the camp has over the home is the size of the group. As in the Nursery School, this removes, at once, the "drama" of which there is usually an abundance in any home. If to fuss over food is to raise no more stir than a casual, "Too bad you don't like it, for that's all there is today" and one can't raise even a look of tender solicitude by going hungry, why, then — one just eats — that's all. "It's your tough luck," as the small boys say. What's more, you even learn to accept cabbage or tomatoes or any other gastronomical horror cheerfully, because you are usually so frightfully hungry from swallowing skies full of fresh air that everything tastes like ambrosia.

Photographs at right and above by D. Warren Boyer

It's a funny thing about chores—how dull and dreary they are when you have to do them all alone, and how quickly they turn into a good game when there are congenial spirits to share the doing of them. In many of our modern homes, where there are servants, to insist upon the children's doing their share



Full, happy days at camp—what can give our boys more vigor and freedom than to go down to the beach with their campmates and stretch their muscles in fresh air, water and sunshine?

© Ewing Galloway

of the housework is to introduce an artificial note which the children catch all too quickly. To children, brought up in such homes, the camp is almost a necessity, for to learn "to carry your own freight," to "do for yourself" is, one might say, the most important thing to learn to do—isn't it?

Sharing a tent, paddling a canoe, all mean team work—pulling together to get to the goal. Often they mean, also, pulling more than your own load in order to carry a weak sister. Once, I remember, there was a clumsy, sullen child of fourteen in a tent with two others and a counselor. She had never been either to school or to a camp before. She had always traveled in foreign countries or been stationed in strange places with her parents where there were no American children for playmates. As there seem to be more servants than people to hire them in far-eastern countries, she had always had everything done for her and had been brought up on the ideal of the lady who never lifts her hand in menial work, lest she lose caste. You can imagine how desirable she was as a tentmate! A wise counselor, instead of placing her with a group of good-natured little girls who would be sure to do her work for her ungrudgingly, put her into a tent with three notorious little scrappers. Their first reaction, of course, was to curse the evil day she came among them. Then they tried to browbeat her into making her own bed but the results were so awful that they decided to do it for her in order to save the reputation of their tent. Finally, instead of being angry with her, they came to pity her since she had had to lead so different a life as to become a stranger in her own country and took infinite pains and patience to show her how to become one of them. In the process they found out many valuable things, chiefly the joy that comes from doing for others and giving of one's strength to those who need it.

Coming!

Are Parents Afraid to Say No?

Jessica G. Cosgrave, head of The Finch School, asks the question in an article which challenges every father and mother

Who Chooses Your Children's Clothes?

When your son insists on a racoon coat and your daughter on spike heels — what do you do? The mother who wrote this article has help to offer

Madame Montessori Herself

contributes an article on the education of the young child

The Whole-Family House

Written for those who already own homes as well as for those who plan to build or buy

IN the larger group there enter at once the twin-factors of Social Opinion and Social Usage—the educators' and reformers' greatest allies. With these two aids—"everybody's doing it" and "you want to stand well with the crowd"—the enforcing of rules becomes vastly easier than at home where parents seem often to be devising regulations only for the pleasure of enforcing them on others. In the larger group it also becomes much more obvious why rules and regulations are necessary and why the greatest good of the greatest number must prevail. Above all, the working of the Golden Rule becomes exceeding clear. It doesn't take most little campers long to find out that if you don't "do as you would be done by" you will "be done by as you do." And it is better, far, to let this rule work its inexorable consequences among contemporaries, since when it works between children and adults it too often takes on the guise of punishment or vengeance.

Children can do swift work in "rubbing off each other's corners." Watch any group playing or working together and before long you will know, as they know, who is the bully, who thinks he is boss, who is the cry-baby and who is the real leader. They don't talk about it—they just act—and their sense of justice is keen and relentless. Frequently teachers have told me that they had to interfere in the workings of a Children's Court because "the jury of their peers" was meting out punishments which, in adult eyes, were much too severe. In other words, they had to save children from the intolerant verdicts of their own kind.

CHILDREN, moreover, can give to other children, and, of course, get from them in return, something spiritual, emotional, call it what you will, which they cannot possibly derive even from the most idealistic relation with an adult. *Children need children.* And nothing but children will satisfy that particular need.

Every camp has a rule, I believe, that says that parents may not visit camp until after the second week, at the earliest. Why should they want to keep us away? Being a fond parent with two children in two camps, I resented this attitude as much as anyone until I watched the parents who came to visit their children at my neighboring camp—and, then I turned the spy-glass on myself and found I was doing the same thing! *Perfecting* — that's what we're doing constantly—perfecting our children. We're so afraid that they won't represent the Snodgrass family with all its traditions and all the fine up-bringing we have spent upon them that we're constantly reminding them of their deflections from duty and honor and what-not. Instead of accepting them, as they are—which is usually a million times more lovely and free and honest than we can ever allow them to be because they may snuff out our light by contrast—we rub and polish them and scrub and scour their little souls, till, sometimes, I do declare, they are worn through!

I caught myself doing it this summer—just like all the other parents. Let me give you an illustration. I visit my daughter at camp and after the first warm embrace is over, I hold her at arm's length and give her the "once over." Overlooking those dancing eyes and that warm, lovely, laughing mouth, I say, "You look as if you needed a haircut!" or "Haven't you a blouse that can meet your bloomers and conceal your underwear? I thought I had provided you. . . ." Or, after shaking hands with my son (one never embraces a son at camp, leastways, not when anyone is looking) and asking him a few superficial questions about how he is getting along, I begin to appraise his appearance and assure myself that he never looked so rowdy as that when I had the care of him. And, instead of saving the situation by reminding myself that he probably never was so carefree and happy under my scrupulous attention to the minding of his Ps and Qs (whatever they may be) I ask him whether he has been using salt water to brush his teeth and find, to my horror, that he lost his toothbrush and never reported it. What a to-do I make about that—what a fussing and complaining—until it would be a passing wonder that son and counselors did not throw me into the deep, deep (*Turn to page* 48)

Children I Know

The second of a series of unusual child sketches from the notebooks of famous artists

By
CORINNE
PAULI

Music hath charms

And now even the youngest set seems to be having petting parties

Parted by the stern hands of Fate

"I'm a loidy"

Sister Marjorie's best French powder makes such beautiful snow

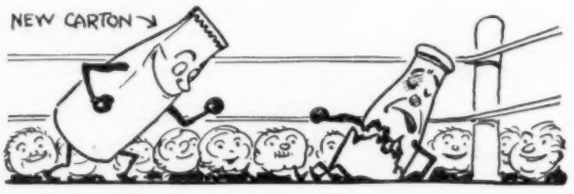
In the spring a young man's fancy lightly turns to thoughts of—

Keep Posted!

News of the Better Parenthood Movement, Child Welfare, Education and Other Matters of Interest to Parents

Good-by, Milk Bottle!

THE glass bottle, that symbol for more than forty years of breakfast purity and graded quality, is doomed. No more rattling in the areaway, no more clanking of bottles as the empties are collected. Such is the dictum of health experts, welfare workers and



dairymen. The successor to the milk bottle is a cone-shaped paper container of paraffined spruce fiber said to be a safe and sanitary way of retailing milk. By its use the five-cent deposit on the bottle is eliminated, which should prove a saving to the consumer. Already one of the largest milk concerns in New York City has adopted the use of the new container, which, it is predicted, will soon be in universal use. Good-by, milk bottle!

Let Freedom Ring!

AMERICAN girls, if given a chance, do not hesitate to educate themselves. Such is the deduction of the heads of Radcliffe College. This conclusion follows a year's trial of a plan whereby the honor students of the three upper classes of Radcliffe College are excused from lectures or classroom exercises. The instructors of Radcliffe have found that the way to induce American girls to get the utmost out of their college years is to give them as much physical and mental freedom as possible.

The Second Annual Parents' Exposition

THE second annual Parents' Exposition will be held February 23rd to March 2nd in Grand Central Palace, New York City, under the auspices of the United Parents' Associations of Greater New York Schools, Inc. This organization is a federation of all the Parent-Teacher Associations in this city.

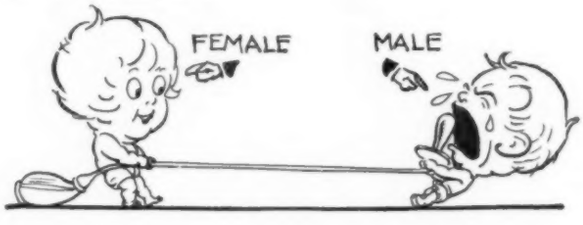
"Readers of this magazine will be interested to know that the idea and plan for the Parents' Exposition was suggested by the publisher of CHILDREN, *The Parents' Magazine*," said Mr. Robert E. Simon, chairman of the executive committee. "Last year the Exposition was attended by 250,000 people. The exhibit of the Board of Education of the Public Schools will again occupy an entire floor of the exposition. In addition this year there are to be a model home and exhibits demonstrating labor-saving devices, home decoration and domestic arts and sciences."

Watch That Diet!

NINE school children in ten have decayed teeth, according to a statement made by the Bureau of Education of the Department of the Interior. "Heredity," says the report, "has been made the scapegoat for bad teeth; but recent research proves that diet is really to blame." Foods especially important for the formation and preservation of the teeth, according to the report, are milk, butter, eggs, fish, whole cereals, fresh fruit and vegetables. Plenty of fresh air and sunlight also help to prevent the aching tooth.

Fire! Fire!

THE problem of fire prevention is being handled in Portland, Oregon, through the organization in each school of a student fire department. To encourage alert, efficient work, rewards are offered for the best department. During Fire Prevention Week a public mass meeting is held, at which a student from each school takes part in a public-speaking contest. The contestants are the winning orators of similar contests conducted in the separate schools. The 1928 winner was given a trip to the convention of the International Association of Fire Chiefs at Philadelphia, where he delivered his speech at one of the sessions.



No Longer the Weaker Vessel

THE old theory of the stronger sex is exploded. The spotlight of science turned on the subject of boy babies and girl babies shows that the death rate of the boys is higher than that of the girls, and that in general they are weaker. According to recent scientific research, parental glandular secretions are responsible for the unequal death rate of boy and girl babies. These contain an energetic secretion which is normal and helpful to the female, but appears to be definitely adverse to the development of the male.

This happy, healthy family group is proof that Dr. Richardson tests his theories in his own household. With a wide practice as pediatrician and psychologist, Dr. Richardson is also regional consultant to the New York State Department of Health, Vice-Dean of the Southern Pediatric Seminary, and Lecturer at Summer Institute of Euthenics, Vassar College

That Bugaboo The Cold

At this season of sniffles and snuffles anxious parents are asking: What is a cold? How shall it be treated? How guard against it? Read this article for the author's helpful suggestions

By FRANK HOWARD RICHARDSON, M.D.

IT IS a strange commentary upon poor human nature, that it is the little things, whether these be good or bad, rather than the big things, that make for our happiness or unhappiness.

So it is in the case of that bugbear which, like the poor, we have with us always—the common cold. What a heartbreaking experience a winter of successive, never-ending colds can constitute, to the mother of little children who is doing her best to give her family adequate care. If she were to be called upon to face pneumonia, typhoid, or scarlet fever, she would gird up her loins, figuratively speaking, and give battle to the dread invader. But colds! What inspiration to heroic conduct is there in colds? Just one running nose after another, one session of barking, wheezing, staying away from school, choking and coughing at night and sniffling and snuffling in the daytime—and apparently a certainty that as soon as one of the family has recovered, another will take his place on the sick list from the same sort of disagreeable, incapacitating visitation, the list running right through from father to the baby.

Before considering what we can do about these joy-destroying common colds, let us stop and consider just what they are, what they come from, and how they are brought about. If we can find out something along these lines, perhaps we can draw logical conclusions as to what can be done about curing them, or better still, about preventing them.

In this day of general recognition and acceptance of the germ theory, it is natural to turn to the idea of first finding the causative germ, and then finding something that will put him out of business. We have done this with diphtheria; why cannot we do it with the common cold?

The first difficulty lies in the fact that, unlike diphtheria, there seems to be no one germ that we can hold solely responsible for the causation of the common cold. Not that the cause has not been found, but that too many causes have been found. Over half a dozen well-recognized and easily described families of bacilli have been found to be present in most of the common colds; and so far as we can say definitely, all of them may be causative agents. Another difficulty lies in the fact that the symptoms of the cold vary with the particular location chosen by these invading organisms for their diabolical activities. Thus, one sufferer presents a favorable soil in the mucous membranes of his nose—and a rhinitis, coryza, or "sneezing cold in the head" results. His brother takes the infection from him, "catches his cold," we say; but in his case the nasal mucous membranes escape practically scot free, while the back of his throat is scratchy, hot, dry and burning. We say he "has a sore throat"; or, inasmuch as the scientific name for the throat is pharynx, and "itis" is the termination that denotes inflammation, that he has a "pharyngitis." If it happens to be the tonsils that prove hospitable to the growth of the invading organisms, however, we say that little brother has a tonsillitis. Suppose little sister goes to bed feeling slightly upset, and wakes during the night with her voice gone, and a hoarse, strangling cry from the inflamed little vocal cords in her voice box, or larynx. We say that she has croup, not membranous croup, which is but another name for laryngeal diphtheria, but spasmodic croup. Her difficulty in (*Turn to page* 54)

The Whole-Family House

Consider the Kitchen

By H. VANDERVOORT WALSH

Assistant Professor of Architecture, Columbia University

Is your kitchen an efficient, labor-saving workroom? Whether you plan to build, remodel or add to your equipment this second article of a series will help you

OF all the rooms in the home, with the exception of the bathroom, the kitchen has undergone the most changes, as a result of the increase of mechanical helps and the decrease in the number of servants. Because of the shortage of domestic help and the increase in the wages paid, many mothers must now step in to take full charge of the work of their homes—cooking, of course, included. Refusing to accept the drudgery which was the lot of their grandmothers, modern women have created a market for the invention of the cleverest mechanics.

In order to illustrate the many modern improvements which are desirable in designing an efficient, up-to-date kitchen, a representative plan is here shown. The reader should not assume that this is the only solution of the problem of the ideal kitchen, but look upon it merely as an example of certain principles to follow. As the plan of any kitchen is greatly modified by the arrangement of the rest of the house, it will probably be impossible to fit this one without change to the average already-built house, but it will be possible to adapt the ideas underlying its layout.

The kitchen in a house of moderate size should be in a wing of its own; but in small houses, where for matters of economy it must be within the body of the house, it should be placed in one of the corners, so that there may be windows in at least two walls for cross ventilation.

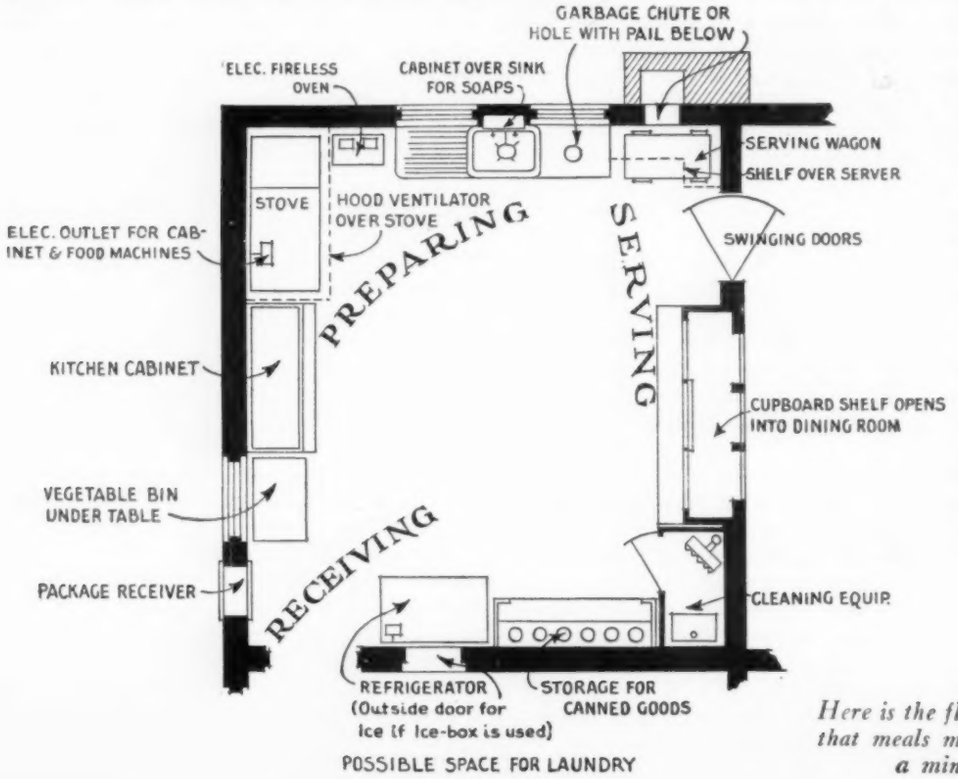
As the mother who does her own work must spend a large part of her time in this room there should be an attractive view from the windows and at least one of them should let in sunshine. If the house is on the north side of a street running east and west the place for the kitchen is in the front of the house. By this arrangement sunlight will come into the kitchen, while the living-room will look out upon the rear portion of the property which can be made into a charming lawn or garden.

Even though the kitchen in a separate extension or in the corner of the house has natural cross ventilation, it is very important to plan for artificial ventilation over the stove as well. In the wintertime it is not possible to draw off all of the odors of cooking by opening the windows, since chilly drafts may result, but if a hood is built over the stove and this connected with a flue which runs up to a ventilator in the roof the odors and steam from cooking can be gotten rid of without the necessity of opening the windows. In the summertime this hood will also lead off the excessive heat generated when the oven is used. If no hood can be placed over the stove a motor-driven fan may be installed in the wall or over the top of one of the windows.

The general arrangement of the kitchen ought as nearly as possible to correspond to that shown in the illustration. Close to the outside entrance should be grouped those places and containers in which foods can be stored as soon as delivered. A package receiver built into the wall is especially useful for milk delivery. A table over a ventilated bin to contain vegetables makes a good place for packages just received and not yet opened. Next to this should be a closet lined with shallow shelves on which cans and small boxes may be conveniently arranged.

Included in this group is the most important storage space for food, the refrigerator.

(*Turn to page* 42)



Here is the floor plan of a kitchen so arranged that meals may be prepared and served with a minimum of time and labor

Electricity—The New Servant *and* What It Costs

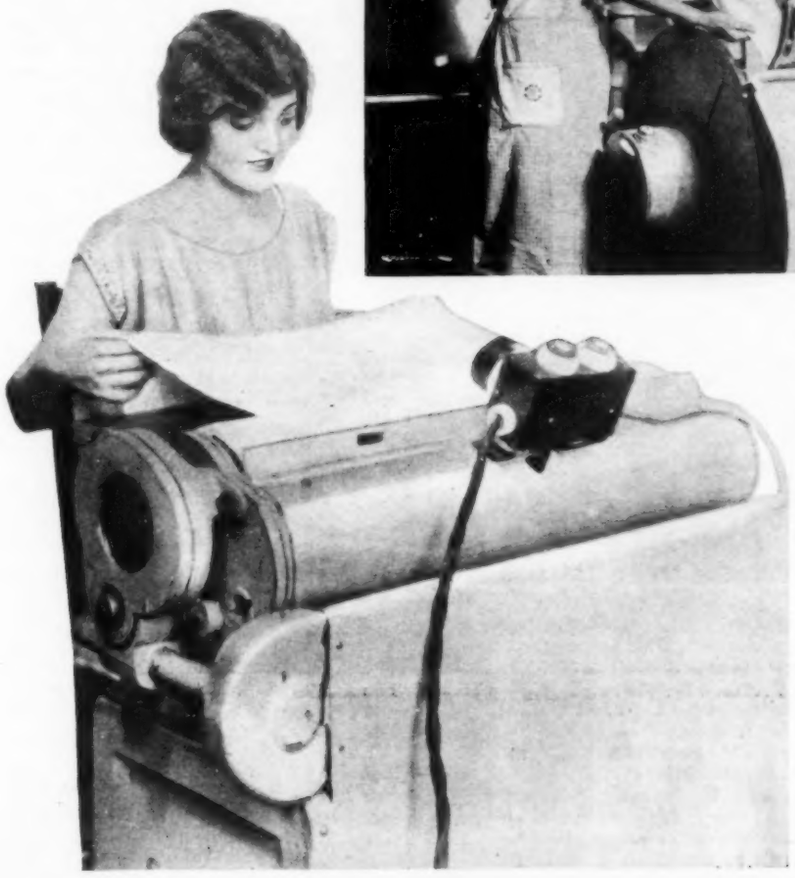
Imagine a home where all the drudgery is done by machinery. Then work out a careful buying plan to make this possible in your house

By MARY ORMSBEE WHITTON
Author of "The New Servant—Electricity in the Home"

TEN or fifteen years ago, when electric household equipment was much more of a novelty than it is today, it used to be said that the cost of a maid for one year would cover a complete equipment of household machinery. Oddly enough, with all the shift and change in living costs, with all the new developments of machinery, this same statement remains generally true today. However this may be, this one statement is hardly specific enough for the woman who wants to know what complete electrification for her particular home will cost, and how she should budget this, in connection with other household expenses.

One the face of it, this seems a very simple thing. Supposedly, all one has to do is to make a list of all the electric equipment available, with its cost, add the various prices, and there you are. The only objection to this is, that there you most decidedly are *not*. There are two fundamental reasons why this apparently simple method of listing fails to give the desired answer. One is that already there is a wide variety of price in the cost of all of these manufactured articles. In other words, will you have a vacuum cleaner for $35 or for $75? A dish-washing machine for $125 or $275?—a matter which requires careful consideration. Then there is the still more fundamental difficulty that the electrical requirements of one household differ from those of another both as to size and type of dwelling involved, size and age of the various members, and the general method of living.

Photographs by Lejaren A. Hiller, Courtesy of The New York Edison Company



To cover these objections, and to make this study of the most practical value, the subject will be presented from two different angles. First, a list will be given of the twenty-four articles of electric household equipment most in demand, together with the price variations now prevalent. Then, a theoretical household equipment will be drawn up for three different types of living, with the cost of each mechanical skeleton. The three theoretical dwellings will include a five-room city apartment; a six-room suburban house, and finally, a larger country house. Of course, these three types of living will not fit all cases, but they will approximate the needs of three kinds of dwellings inhabited by families with children.

Before presenting the price list of electric household equipment, some explanation should be made of the price variations that will be shown. For the most part these do not represent the difference between inferior and superior in the way of manufacturing, but rather the size and scope of the apparatus involved. It can be rather generally accepted that, in shopping for such standardized items as, say, vacuum cleaners and washing machines, (*Turn to page* 56)

Wash day and ironing day used to be the hardest in the whole week. But now electric washers and ironing machines are here to rob them of their drudgery. Plenty of clean clothes for everybody and no one overworked is the result

"Now This Is What I'd Do—"

Prize Winning Answers to a Difficult Parental Problem

"LET fourteen-year-old John keep his cherished Ford, provided he obeys the law of his state," wrote a majority of those who offered a solution of the problem printed at the right. Of the 107 answers received 71 are in favor of letting John have the car, while 36 contestants thought John should be compelled to sell it at once.

Many felt that a crisis in John's development had been reached, that his character would be deeply affected by the course taken on the part of the family. The reasons given for permitting the fourteen-year-old boy to keep the car suggest interesting and divergent attitudes toward the problem.

One writer suggested: "He may learn much of mechanics, electricity or construction by tinkering with an old car. In time he may even invent something to be used on all cars."

Thrift is the argument brought forward by several contributors who believe that John should sell the car. "John has earned money and realizes its value," says one writer, "although he may not have realized the cost of his purchase. Explain this fully to him, using figures. The car, being old, will need frequent repairs as well as much gasoline. It may require all his earnings. Suggest that he resell the car and invest his money in a reliable company paying a fair dividend."

The prize letters are published herewith. A letter from Walter L. Stone, Nasville, Tennessee, received honorable mention.

First Prize

JOHN has displayed some capacities that many parents would like to discover in their fourteen-year-old boys. To repress these talents unwisely may do untold injury to John's development and create a breach which his parents will find it hard to bridge. To deal wisely with the situation, guiding the emergent ambition of the boy, may bring him encouragement that will draw out character-building opportunities of infinite value. Let the car be kept and used as a means to this greater end. Let it spell "opportunity" for all concerned.

John will be quick to think through some of the problems involved: the necessity of laws to govern motor traffic; the necessity of holding upkeep well within his resources; above all, the necessity of keeping his word, not in letter only but in the spirit of it. When the car experience is regarded as a project through which these truths may be impressed upon John's thinking, valid reasons are revealed for keeping it.

The parents, in turn, may well plan to share some of his thrills and pleasures. They may establish such confidence that the maintenance, repairs, improvements and many details pertaining to the car will be common knowledge to the family. John's leisure time need cause them little anxiety providing his older friends stay by him. The car may prove to be just what was needed to establish contacts which will enable his parents to inspire him to greater achievements as he grows to manhood.

Co-operation, experience-sharing and wise guidance are outstanding considerations in this situation. Let us have more boys as original, energetic and resourceful as John. Let their best gifts be capitalized. Let us help them to fulfil their ever-growing worthy ambitions, as they appear, and better citizens will arise to grapple with the problems of our time.—*C. M. Wright, Toronto, Ont.*

Second Prize

SHOULD John, a boy of fourteen, be allowed to own and operate a Ford which he himself purchased, provided that he never drives it unless accompanied by a licensed driver?

Two factors determine the solution of this problem,—the law covering the case, and the character of the boy himself.

Many states issue permits to children under sixteen, allowing them to drive automobiles under the very conditions that John suggests. Visit any high school at dismissal time, especially a city high school, and see how many pupils are driving. It saves time that they may use to advantage in study, recreation or work. It encourages unselfishness, for every car carries its limit of free passengers. It teaches economy, in many cases, because every car owner will sacrifice to save his spending money for gasoline and other expenses connected with the upkeep of his auto. Owning an auto, even the noisiest, most battered old Ford, gives the boy the thrill of ownership which increases his self-respect and creates in him the desire to acquire those things which will be of lasting benefit to him. This desire, properly directed, will eventually lead to the acquisition of property, and the habit of thrift.

Is John the kind of boy who will be benefited by owning and operating a car? The very fact that he carried papers, saved his money and bought the Ford is pretty good evidence that he is businesslike, thrifty, and ambitious. These valuable traits should be encouraged in every possible way. To deprive him of his car would discourage him, and might even make him bitter toward both his parents and his government. Is he a boy who will religiously keep his word? If he is, if he never takes the car out without a licensed driver in it, he is almost certain to be obedient to all traffic laws, and so he is not likely to harm himself (*Turn to page* 64)

The January Problem

John, who is fourteen, saved his paper-route earnings and bought an old Ford car. His father and mother urged him to sell the car because he could not obtain a driver's license until he was sixteen. John insisted that he be allowed to assume full responsibility for driving, since he had bought the car with his own money, and since he already has managed to learn how to drive. He promised to drive only when accompanied by an older and a licensed driver if permitted to keep the car.

What Would You Do?

A New Problem

Bob, aged twelve, is considered a "poor sport" because he cannot accept defeat gracefully. He has many ready excuses to explain any failure. Recently he has become very quarrelsome and has been inclined to fight boys who are smaller than himself. Recently he tormented two small boys who retaliated and blackened his eye. He explained that he had fought a man six feet high. When questioned further he said that two small boys were the same as one large man.

$30 in Prizes for the Best Answers

CHILDREN, *The Parents' Magazine*, offers a first prize of $15.00, a second prize of $10.00, and a third prize of $5.00 for the best answers to this difficult parental problem. They should explain the reasons for the recommended action. The answers should be not more than 300 words in length, and should be submitted to the Contest Editor of CHILDREN, *The Parents' Magazine*, 255 Fourth Ave., New York, N. Y., by Mar. 20, 1929. A committee of the Board of Editors will serve as the judges. If, in their opinion, two or more answers are of equal merit, duplicate prizes will be awarded. Contest manuscripts cannot be returned. The prize-winning answers will be published in an early issue.

TO BE SAFE

bathroom tissue must be soft, absorbent, chemically pure

Hospitals condemn harsh toilet papers as a menace to health

"INFERIOR toilet papers irritate and may cause serious injury," is the statement made by 223 hospital superintendents, recently questioned.

A warning echoed by physicians throughout the country.

It is a startling fact that most toilet paper sold to housewives today is just ordinary tissue paper in rolls.

It may be glazed and crinkly . . . as harsh to sensitive skin as wrapping paper. Or it may be chemically impure . . . made from reclaimed waste materials.

Two Tissues Made Specially for Their Purpose

ScotTissue and Waldorf are famous bathroom tissues made by a special Scott process on machines designed and built by Scott engineers.

In every particular they meet the requirements hospitals and doctors say toilet tissues must have to be safe.

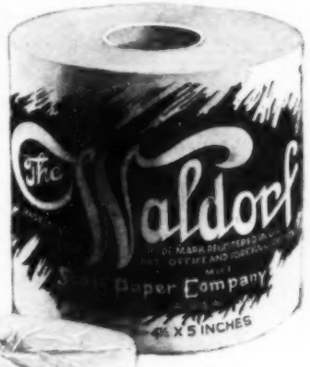
They are extremely fine textured. Crumpled in the hand, they are actually cloth-like . . . soft as old linen. Treat a sheet of ordinary paper the same way . . . you can feel its sharp, brittle edges.

Only the finest materials, pure and fresh, go into ScotTissue and Waldorf. They are neither alkaline nor acid . . . always safe. The sheets tear evenly. Even a small child finds them easy to use.

From today on—when you buy toilet paper ask for these tissues that your own doctor would recommend. Scott Paper Company, Chester, Pa.

Fit standard built-in fixtures

For your children's sake, mother, always choose these softer, more absorbent bathroom tissues—ScotTissue or Waldorf



3 *for* 20¢

Easy to order. No embarrassment. Just ask for "ScotTissue" or "Waldorf"

2 *for* 25¢

These prices for United States only

15 Painful Troubles caused or aggravated by inferior bathroom paper

The famous intestinal specialist, Dr. J. F. Montague of the Bellevue Hospital Medical College Clinic, recently listed in an article 15 ano-rectal troubles either directly caused or aggravated by the use of harsh, chemically impure toilet paper.

Among them are: Hemorrhoids; Eczema Ani; Anal Furuncles (boils); Follicular Anal Abscesses; Prolapse (protruding intestine); Pruritus Ani; Infection of the Anal region, etc.

Dr. Montague is author of the widely quoted book, "Troubles We Don't Talk About" (*Lippincott*).

Copyright, 1929, by Scott Paper Company

Motion Pictures *for* Children

Amongst which there are several wholesome thrillers

Reviewed by

PROFESSOR WALTER B. PITKIN

Psychologist and Critical Student of Motion Pictures

Pictures Previously Reviewed

Pictures Suitable for Children

A Certain Young Man *
A Night of Mystery
Abie's Irish Rose
Alias Jimmy Valentine
Beau Sabreur *
Chang
Don't Marry
Drums of Love
Excess Baggage
Four Devils
Four Sons *
Freckles
Hangman's House
Harold Teen
Hold 'Em, Yale
Laugh, Clown, Laugh
Les Miserables *
Love *
My Best Girl
Old Ironsides *
Q Ships
Quality Street
Ramona
Sawdust Paradise
Seventh Heaven *
Shepherd of the Hills *
Show People
Simba
Speedy
Steamboat Bill, Jr.
Street Angel
Tartuffe *
Tell It to Sweeney
The Air Circus
The Cameraman
The Circus
The Cossacks *
The End of St. Petersburg *
The Enemy
The Gaucho
The Hawk's Nest
The High School Hero
The Mysterious Lady *
The Outcast
The Racket *
The Smart Set
The Student Prince *
The Trail of '98
The Whip
Two Arabian Knights *
Two Flaming Youths
Two Lovers
Uncle Tom's Cabin
Very Confidential
West Point

* For adolescents, not for young children.

Pictures of Doubtful Value for Children

A Woman's Way
Across to Singapore
Crooks Can't Win
Mother Machree
Opening Night
Sadie Thompson
Sunrise
The Fleet's In
The Last Command
The Patriot
The Red Dance
The Strange Case of Captain Ramper
The Wedding March

Pictures Unsuitable for Children

Baby Mine
Chicago
Chicago After Midnight
Dog Justice
Forgotten Faces
Get Your Man
Just Married
Ladies of the Mob
Lilac Time
London After Midnight
Mother Knows Best
Partners in Crime
Rose Marie
The Divine Woman
The Man Who Laughs
The Noose
The Terror
The Valley of the Giants
The Wind
The Perfect Crime
We Americans
Wickedness Preferred
Wings
Youth Astray

THE RESCUE (*United Artists*). A gorgeous, beautiful, and excellently acted film of Conrad's story, with some extraordinary scenes that do credit to the director's judgment as well as to the cameraman. Conrad is not perfect movie copy. He has dumped sundry technical difficulties upon the producers, most of which they have surmounted deftly. It is as good a picture for young and old as you are likely to see thrice in a bright blue moon.

THREE WEEK-ENDS (*Paramount*). Clara Bow gets ahead, a fiancé, and a million-dollar life-insurance policy, which is doing pretty well for one small cabaret girl. In the movies, though, many a man is won or lost in a single short hour—so what're three week-ends, anyway? Particularly when Elinor Glyn has kindly had nothing to do with this movie, which is as safe for children as an hour in any backyard sandpile.

THE VIKING (*Metro-Goldwyn-Mayer*). Enthralled youngsters brought by zealous teachers bore lively testimony that this is a perfect picture for children. It tells in colors of the days of Leif the Lucky and heroic Viking days. And if you can beat that for kids—well, you get the job.

Colleen Moore offers synthetic fun in SYNTHETIC SIN (*Paramount*), a tale of the Shiny Sheet which makes those of the Grimm Brothers seem like chill realism. But then, it's only meant to be synthetic. So it will please the young who are being brought up on synthetic ice cream, synthetic education, and synthetic morals. For all the rest, it is merely a mess of murders well stirred with slapstick and impossibilities. But there is half of one reel that is as good as anything Colleen ever did

Donald Crisp in "The Viking," a picture that will delight every child who thrills to heroic deeds

—and that's where she demonstrates to the great playwright her powers as an amateur actress. As diet for the young, this picture is neither protein nor rat poison. Just synthetic slush.

There are more creeps in WEST OF ZANZIBAR (*Metro-Goldwyn-Mayer*) than in the legs of all the centipedes on earth. Some of the creeping is done by Lon Chaney, who here acts the part of two paralyzed legs with marvelous accuracy. But most of the creeping is done by the spectators. Malaria can't give you half the chills this daring picture does. It is recommended to all persons having a degree or two of fever as well as to adults who like pictures with a wallop. Boys and girls who believe in bogy men kindly keep away! It will make you shudder all the buttons off your shirts. (But, just between us tough old pachyderm parents, it's a rare picture for those who can stand that sort of thing.

We hereby apologize for having failed to comment on THE WIND (*Metro-Goldwyn-Mayer*) when it first appeared. A remarkable picture of the sand and wind of the arid cattle country, which some boys and girls who don't study their geography hard can scarcely believe. A terrible picture, this, as a sincere revelation of the hardships of the cattlemen. But terrible in an educational sense. Well worth seeing for its magnificent photography. (But we'd like to boil in low-grade oil the scenario murderer who tacked on the last fifty feet of film, thereby doing his utmost to ruin the yarn.)

THE HAUNTED HOUSE (*First National*). Spook stunts and ghosts and howling winds and Chester Conklin turn this movie into a nice blood-curdling tale for every youngster whose parents are careless enough to let him see it. And see if you can guess from the title what it's all about.

THE LION AND THE MOUSE (*Warner*). Lionel Barrymore as the Big Lion and May McAvoy as the Mousey-Mouse. The Wee-Beastie, if you remember your Aesop, finally shows that mousies are sometimes abler than lions. And May McAvoy takes this touching moral to her bosom as, by her brave wit alone, she saves her father from disgrace at the hands of a wicked, designing man. In this picture the producers have successfully ruined what used to be a good play. And they serve you and your children two large dishes of warmed-over hash and spinach.

THE MASK AND THE DEVIL (*Metro-Goldwyn-Mayer*). In which John Gilbert is bad and glad, cold and hot, Jekyll and Hyde until all audiences are guaranteed to become either cross-eyed or to leave the theater humming dully, "Is he—isn't he—isn't he—is he—is John Gilbert nice?" Still, Dorothy Dix tells us that it's *not* nice for a gentleman to swipe his man-friend's girl-

(*Continued on page* 62)

"Rules 'n' regulations"... *now turned into play*

New ways of guidance that many mothers are using

Miriam Finn Scott, author of "How to Know Your Child," and "Meeting Your Child's Problems"

"THERE's a game for teaching almost every habit to children," says Miriam Finn Scott, renowned psychologist.

How impatient children are of everything that interrupts the one important business—play!

But there are ways, now, in which mothers can use this very spirit of play to form lasting habits.

For instance, the right habits of eating, which you want to become second nature. Particularly breakfast habits. A series of school tests has shown this arresting fact: children are definitely handicapped, at work and at play, unless they start their day with a *hot, cooked* cereal breakfast. Over 70,000 teachers have hung this rule on their class room walls:

"Every boy and girl needs a hot *cereal breakfast"*

Mothers are apt to feel their duty so strongly that they are sometimes too earnest about it at the breakfast table. They may even let anxiety creep into their voice when they talk to the children about hot cereal.

Then children resist. They believe they don't like Cream of Wheat—or oatmeal—or whatever *hot, cooked* cereal is served them. But what they really don't like is the dead seriousness of the whole business.

One of the ways to change all this is a children's club—called the H. C. B. After a mother has sent for free membership for her children she needn't do anything else—except cook the hot cereal!

Youngsters respond with enthusiasm to the play material of this club. Brightly colored posters, glittering gold stars, shiny badges. They love the game and soon they love their cereal too.

© 1929, C. of W. Co.

Recommended for 32 years by leading authorities

Authorities on child health have for 32 years recommended Cream of Wheat as ideal. Here are three of their reasons:

1. It is rich in mental and physical energy—all real food.
2. Cream of Wheat is amazingly quick and easy to digest, for it contains none of the harsh, indigestible part of the grain.
3. Raisins, dates, or prunes, easily added while cooking, vary its creamy goodness.

Make this a habit with your children—a good hot bowl of Cream of Wheat every morning.

FREE—*the plan that works wonders*

A club—called the H. C. B.—that children work out for themselves. A plan that arouses children's interest in a *hot, cooked* cereal breakfast and makes them want to eat it regularly.

Badges and a secret for members, gold stars and colored wall charts. All materials free, sent direct to your children, with a sample box of Cream of Wheat (if desired). Children cannot resist it! Eating Cream of Wheat becomes a fascinating game, then an enjoyable habit. Mail the coupon now—watch the club idea work.

CREAM OF WHEAT COMPANY — DEPT. W-16
MINNEAPOLIS — MINNESOTA

Gentlemen: Please send my child the free material for the H. C. B. Club as described above.

Child's name.....
First name *Last name*

Address.....*City*.....*State*.....

To get sample Cream of Wheat, check here.....

Children Like Individual Clothes Too

By Crete Hutchinson, *Fashion Editor, The McCall Company*

4073—Boy's Suit, 4 sizes, 6 to 12 years
5605—Girl's Ensemble, 5 sizes, 6 to 14 years
5605—Girl's Ensemble, 5 sizes, 6 to 14 years
5619—Child's Dress, 5 sizes, 2 to 10 years
5564—Boy's Coat and Cap, 5 sizes, 2 to 8 years
5567—Child's Coat and Cap, 5 sizes, 2 to 8 years
5606—Child's Dress, 4 sizes, 1 to 6 years
5607—Girl's Dress, 5 sizes, 4 to 12 years
5654—Misses' and Juniors' Dress, 5 sizes, 12 to 20 years
5380—Little Boy's Suit, 4 sizes, 2 to 6 years

For back views of designs, see page 60

TO give individual thought to the choice of each child's clothes is eminently worth while. Children like what is really theirs but if a dress or coat is exactly like sister's there is less interest in taking care of the garment.

Simplicity in line and style appropriateness to occasion are of first importance. Each year there is more interest on the part of designers in junior wear and it is possible to have entirely different models for every child and for every occasion without very much additional work. Style and good taste are rarely born in us but if proper thought and direction are given to the small wardrobes the child learns what is smartly lovely and becoming and develops good taste and discernment with very little direct teaching.

Mothers are inclined to dress children from their own viewpoint rather than from the child's and overlook the fact that they are missing a real opportunity for training in good taste. (*Turn to page* 60)

***McCall Printed Patterns may be obtained from leading stores throughout the country and from* Children, *The Parents' Magazine, 255 Fourth Avenue, New York City, at prices given on page* 64**

Your Boy... Your girl

Give them this vital advantage that means* so much *in later life!

How fortunate those children whose parents have leisure to follow the sun. Theirs, radiant health and handsome tan the year through. But now, children that stay at home can have these benefits, too! And it's just like play for them . . . For the Alpine Sun Lamp is so simple and safe that children actually enjoy it. And when you consider that a mere few minutes a day almost assures normal growth in years to come — how little you really pay for such peace of mind.

YEARS later—grown to manhood and to womanhood—will *your* children suffer for the lack of sunlight in their childhood? Don't take chances. *All* children are in vital need of sunlight. And not just now and then when skies are bright. But *regularly* every month in the year. Now, no matter how dark the day, the remarkable Hanovia Alpine Sun Lamp not only supplies the vital ultra-violet rays of the sun, but actually more of them than ordinary sunlight contains. Naturally, the Alpine Sun Lamp invigorates, promotes metabolism, stimulates little bodies to grow stronger, handsomer. *And not only little bodies.* Adults, too, reap the rich harvest of regular sunlight baths . . . tonic applications unmatched for their ultra-violet qualities.

Consult your family physician about the new Home Model of the Alpine Sun Lamp. No doubt he himself uses or prescribes the large professional model—the *original* ultra-violet lamp, 100,000 of which are now in use in nationally known hospitals, sanitariums and physicians' offices everywhere. What better proof of merit could any equipment offer? On the other hand, in case of *illness* consult your physician. Any other course would be foolhardy. Self-diagnosis and self-treatment are dangerous—with ultra-violet or anything else. But if what you seek for you and yours is the tonic benefits of precious, regular sunlight . . . your family's share of nature's greatest gift to man . . . clip and mail the coupon TODAY. Promptly, you will receive full description of the Home Model Alpine Sun Lamp. (Special payment plan now available.)

The* ALPINE SUN *Lamp

Hanovia Chemical & Mfg. Co.,
Dept. F, Newark, N. J.

Send me your free booklet on tonic Alpine Sun Baths with description and prices of the Home Model Lamp.

Name_____

Street_____

City_____ State_____

Feeding the Family

Tooth-Building Menus

By Ruth Washburn Jordan

Food Consultant

THAT mothers should give their children food that will develop good strong teeth is of the utmost importance, since sound teeth are largely the result of the right diet. In arranging menus for the children there should be plenty of hard, chewy foods to exercise the jaws and teeth perfectly. Crisp toasts, stale white and whole wheat bread or zwieback should be served at every meal. For breakfast there should be fresh fruits requiring mastication, cooked cereals, one hard bread, and milk to drink. For dinner serve plenty of fibrous vegetables, rare meat scraped, baked potato, simple cereal or fruit puddings, stale bread, and milk to drink. This is the time and the only time that a very little candy may be eaten. For supper a sensible menu is baked apples or stewed fruit, a cooked cereal dish, stale bread, and milk to drink.

Train the children to chew their food thoroughly until nothing is left, and do not allow them to hurry through their meals. Such training requires time and patience but the results more than justify any trouble that mothers may take.

Graham Cracker Cake

1 box graham crackers rolled fine
1 cup sugar — 2 teaspoons baking powder
2 eggs — 1½ cups milk (scant)
1 teaspoon vanilla — 2 tablespoons butter

Cream butter and sugar, add yolks well beaten, then add milk alternately with the crackers ground fine and mixed with baking powder; add vanilla then fold in stiffly beaten egg whites. Bake in two layers in moderate oven 350° F. When ready to serve fill with slightly sweetened whipped cream and cover top with the same.

Sweetbreads and Asparagus Tips

2 sweetbreads — 1 tablespoon lemon juice
1 tablespoon butter — 1 cup warm milk or cream
1 tablespoon flour — ½ teaspoon of salt
2 egg yolks — 1 saltspoon of celery salt
1 can of asparagus tips or same amount of fresh ones

Clean the sweetbreads and cook in boiling salted water with the lemon juice for twenty minutes. Drop into cold water, when cool put on ice. When ready to use cut in small pieces.

Make a sauce by putting butter in saucepan with flour, gradually add warm milk or cream, stirring vigorously to keep sauce smooth. Boil a few minutes, add salt and sweetbreads. Let them simmer ten minutes, then add asparagus tips. If you use fresh tips, boil them in salted water until tender. Let them heat through just before serving and add beaten yolks of two eggs and mix thoroughly through sauce. Two sweetbreads will serve six persons.

Liver Goulash

(Hungarian)

2 tablespoons of good beef drippings
1 lb. calf or beef liver — 2 tablespoons flour
2 large onions — Salt

Skin liver and let it stand for a while in milk and water. Slice in small pieces.

Put drippings in saucepan, add the finely chopped onions and cook slowly until yellow and tender. Add liver and cook gently ten minutes, season and thicken gravy with flour, stirring to keep it smooth. Let it boil a few minutes. Pile riced potato in center of large serving dish and put liver and gravy around potato. A sprinkle of finely chopped parsley makes it more attractive.

Codfish Muddle

(Old New England Dish)

1 quart milk — 4 soda crackers
1 to 1½ lbs. fresh cod — 2 tablespoons butter
Salt to taste

Put one quart of milk in saucepan with fresh cod cut in small slices, four crackers broken rather fine and salt. Cook gently for half an hour, add butter and serve very hot.

Chicken with Rice

1 chicken cut up — ½ to 1 cup of rice
2 onions — Salt to taste
2 tablespoons chicken fat or butter

Melt fat in kettle and brown chicken, add onions cut fine. Turn fire very low, cover and cook until onions are yellow and tender. Then add about one cup of boiling water and let chicken simmer for one-half hour. Then add rice, which has been well washed, just cover with boiling water and cook gently until chicken is tender and rice is soft. Salt to taste. Serve chicken in center of platter with a border of rice around it. Decorate with parsley.

The Recipe-a-Month Club

Send us your favorite recipes—*those that are especially good for children.* Each month we will pay $5 for the best recipe, and $1 apiece for every other recipe accepted for use on this page. Address The Recipe-a-Month Club, Children, *The Parents' Magazine*, 255 Fourth Avenue, New York City.

This Month's Prize Winner

Cranberry Relish

1 lb. cranberries
2 cups sugar — 2 oranges

WASH cranberries and dry. Grind cranberries, using finest knife of food-chopper. Grate the yellow of orange peel into the cranberries and add the juice of the oranges. Mix thoroughly and set in a cool place for twenty-four hours. Delicious as a cocktail or with chicken or lamb as a relish.—*Mrs. Ira Slingsby, Fargo, North Dakota.*

This delicious relish was chosen because of its simple preparation and healthfulness.

Boiled Neck of Lamb with Parsley Sauce

3 lbs. neck of lamb (in one piece) — 1 onion
2 tablespoons chopped parsley — Little flour
Salt to taste

Put lamb into kettle with boiling water, add onion cut fine and boil gently until tender. After three-quarters of an hour add salt. When meat is done remove to hot platter and keep warm until ready to serve. Thicken broth with flour mixed smooth with a little water. Let it boil a few minutes, then add chopped parsley and pour over lamb.

Baked Halibut Sandwich with Egg Sauce

2 slices halibut (1 lb. each) — 2 cups bread dressing
1 hard-boiled egg — 2 tablespoons butter
6 slices bacon — 2 tablespoons flour
1½ cups boiling water
Salt to taste

Grease baking dish or casserole and put three slices of bacon in bottom of pan. On these lay one slice of halibut which has been lightly sprinkled with salt. Cover with a good bread dressing well-seasoned and fried in a little butter until slightly browned. Place the other slice of halibut on top of dressing and put the remaining three slices of bacon on top of fish. Put just a little boiling water in pan and bake in fairly hot oven about 45 minutes, basting several times. Remove carefully to platter and pour egg sauce over all.

The egg sauce is made as follows: Put butter and flour into saucepan and stir until well blended, gradually add boiling water, stirring constantly to keep smooth. Let it boil for several minutes. Season to taste and add the hard-boiled egg chopped fine. Decorate dish with parsley and sections of lemon.

(*Turn to page* 38)

"I Wouldn't Have Believed

So Great a Change Possible In a Child

if it hadn't happened to my own"

"My girl had always been sickly since she was 5 weeks old. She was pale, nervous and decidedly under weight for her age. We did all we could to make her well but could not get anything to help. At last a doctor advised us to do away with all medicine and use Ovaltine instead. We could see results almost immediately—she seemed like a different child. Color came back to her cheeks, nervousness and restlessness decreased wonderfully and she has added 5 pounds in weight even through the hot summer months. *I wouldn't have believed so great a change possible in a child if it hadn't happened to my own.* She has changed into another child in this short time."

MRS. LESLIE STEINMETZ, *Allentown, Pa.*

A Swiss Discovery That May Make Your Child Over . . .
Not a Medicine, But the Most Enticingly Delightful Food-Drink Known . . . *Accept 3-Day Supply*

This mother's experience is typical of hundreds of others. You may find just as remarkable a one with your own child.

Swiss Scientists—world-leaders in child development—have thrown many new lights on the underweight or nervous child. One of their findings is embodied in an utterly New-Type of food-drink, called Ovaltine.

New to America, it has become virtually a national beverage throughout scientific Europe. Its use has spread over 54 different nations. Over 20,000 doctors are advising it.

To try, before purchasing a larger supply, note coupon for 3-day supply at right.

What It Is

It is not a medicine, but a super-delicious food-drink called Ovaltine. New to America, it is virtually a national beverage in Switzerland, England and in most of Europe.

It contains in instantly digestible and highly concentrated form practically EVERY nutritive element essential to child health and nervous equilibrium.

The Most Delicious Food-Drink Known

Children drink it, not because they "must" but because they like it.

A scientific food-concentrate; widely different in composition, flavor and result from the "chocolate" and "malt" drinks in this country; weight increases of 8 ounces to 1½ pounds weekly are commonly credited to this Swiss creation. "Nervousness" is often noticeably curbed in a few days.

It supplies highly concentrated food energy in itself. And—acts to digest the starches, from other foods the child eats, into weight and energy.

Thus its action is two-fold. And results often little short of amazing.

"Results Were Remarkable"

"Our daughter, Carol, was a very nervous child, had frequent attacks of indigestion and was considerably underweight. Then we began giving her 2 teaspoonfuls of Ovaltine in a glass of warm whole milk 3 times a day. Results were remarkable and overjoyed us. In a short time Carol had gained 13 pounds in weight.

MRS. ALBERT M. FOSS, *Paul's Valley, Okla.*

Give as a warm beverage at meals; as a food-drink between meals—and especially at breakfast. You can also give as a cold shake-up drink with milk. Soon you notice a change in weight, activity and better nerve balance in your child.

Results are marked and noticeable. Thousands of adults, too, are drinking it to restore vitality when fatigued.

Accept Test

Get Ovaltine at any drug or grocery store. Or send coupon for 3-day test. Do this today. Do it for your child's sake. But be careful you get genuine "Ovaltine." There is no other drink "like" it. No other drink the "same" as Ovaltine. Watch out if you are told there is.

MAIL FOR 3-DAY SUPPLY

Free **UNCLE WIGGILY MUG**

Genuine Sebring pottery mug, with colored pictures of Uncle Wiggily and Grandpa Goosey Gander, given FREE with 3-day trial package.

The Wander Company, Dept. D-4,
180 N. Michigan Ave., Chicago, Ill.

I enclose 10c to cover cost of packing and mailing. Send me your 3-day test package of Ovaltine and the Uncle Wiggily Mug FREE.

Name.....
(Please print name and address clearly)

Address.....

City.....State.....
(One package to a person) C

OVALTINE
THE SWISS FOOD-DRINK

"Umm-m! I like this"

SO SAYS this little miss. And is there a child anywhere that doesn't like Beech-Nut Peanut Butter, spread thick on a slice of bread or as a sandwich filler? If so we have yet to find one.

Nourishing, wholesome, energy-giving food—this Peanut Butter. Good for children *between* meals or *at* meals. Plenty of proteins in it for muscle building and tissue repair. And its nutty flavor always appeals to them.

Wherever there's a family with growing youngsters a supply of Beech-Nut Peanut Butter should always be on the pantry shelf. But not alone for the children. The grown folks like it too—in the variety of ways it can be served.

And here's something that will please mother—there's an *easy-to-open top* on the Beech-Nut jar. Not a bit of bother in opening, and it slips right back on again. *An exclusive Beech-Nut feature worth remembering.*

Beech-Nut Peanut Butter

Feeding the Family

(*Continued from page* 36)

Toast Melba

Cut white bread very thin and place slices in rather hot oven until thoroughly crisp and light brown. They must be watched as they burn easily.

Baked Peaches with Marshmallows

Arrange six to eight halves of large canned peaches in a casserole. Pour in one cup of the juice. Place a marshmallow in center of each half and put in hot oven just long enough to lightly toast the marshmallows.

Recipes from Our Readers

Tomatoes and Cabbage

1 white cabbage, 2 or 2½ lbs.
1 can tomatoes, 2 lbs. 1 small onion
2 tablespoons butter 2½ tablespoons sugar
2 tablespoons flour Salt to taste
1 tablespoon vinegar or lemon juice

Cut out hard center of cabbage and cut in half-inch strips. Cook in salt water until tender. Melt 2 tablespoons butter in pot, add 1 small onion finely chopped and cook till tender, but do not brown. Add flour and blend, and then add strained tomatoes, stirring steadily as it will easily burn. Then add salt, vinegar or lemon juice and the sugar. Strain cabbage from liquid and add to tomato sauce. Keep in hot place until ready to serve.—*Mrs. M. H., New York City.*

Savory Spinach

Into a skillet put two tablespoons of butter. In this put 1 chopped onion and cook very gently until yellow and tender. Add one large can of spinach of the same amount or freshly cooked spinach. Season well with salt and cook gently for about ten minutes, then add gradually one cup of cream or top milk. When well blended and thoroughly heated, serve garnished with slices of hard-boiled egg.—*Mrs. R. H. W., San Diego, Cal.*

Baked Peas

1 can peas drained 5 slices of bacon diced
1½ cups dry bread crumbs
½ cup milk or cream Salt to taste

Fry diced bacon until crisp and mix with peas and milk. Then put bread crumbs into the bacon fat which was left in frying pan and mix well. Put bacon and pea mixture into a buttered baking dish. Pour bread crumbs over the top and bake in a moderate oven until crumbs are well toasted and crunch. —*Mrs. A. R. T., Valley City, N. D.*

Dinner Menus *for the* Whole Family

Attractive to Adults, Nutritious for Children

I

Sweetbreads with Asparagus Tips
Boiled Rice
Beet and Orange Salad
Graham Cracker Cake
Toast Melba
Boiled Dressing

II

Liver Goulash (Hungarian)
Whole Wheat Bread
Creamed Celery
Riced Potato
Cherry Gelatin with Sliced Bananas

III

Roast Beef (Rare)
Macaroni with Tomato Sauce
Buttered Parsnips
Vanilla Ice Cream with Chocolate Sprinkles
Toasted Corn Bread

IV

Consommé Toast Melba
Baked Potatoes
Buttered Chopped Beets
Spinach
Wax Beans
Apple Tapioca with Cream

V

Beef Loaf
Toast Melba
Creamed Potatoes
Carrots and Peas
Baked Apples with Raisins

VI

Toasted Crackers
Codfish Muddle (Old New England)
Savory Spinach
Cabbage Salad with Finely-chopped Peanuts
Boiled Dressing
Stewed Pears flavored with Lemon

VII

Tomato Soup with Croutons
Broiled Lamb Chops
Toasted Bran Muffins
Baked Potatoes
Carrot Soufflé
Pineapple and Celery Salad with Boiled Dressing

VIII

Chicken with Rice
Toasted Whole Wheat Muffins
String Beans
Cranberry Relish
Gingerbread with Whipped Cream

IX

(A Simple Russian Meal)
Zweiback
Baked Potatoes with Cream on the side
Buttered Cauliflower
Apple and Orange Salad
Boiled Dressing
Cookies

X

Boiled Neck of Lamb
Whole Wheat Bread
Parsley Sauce
Riced Potatoes
Mashed Turnips
Tomato and Lettuce Salad
Whole Wheat Crackers and Cream Cheese

XI

Mutton Broth
Toasted Oatmeal Muffins
Baked Peas
Mashed Potatoes
Apricot Short Cake (sponge cake)

XII

Cream of Carrot Soup
Whole Wheat Crackers
Broiled Minute Steaks
Scalloped Potatoes
Boiled Onions
Graham Bread Pudding with Grape Jelly Sauce

XIII

Baked Halibut Sandwich
Egg Sauce Toast Melba
Cabbage with Tomato Sauce
Lemon Gelatin with Pineapple and Cherries

XIV

Lamb Stew Baked Potatoes
Whole Wheat Bread
Baked Peaches with Marshmallows
Cookies

Physicians advise it
NEVER CAKES OR HARDENS
MORTON'S
IODIZED
SALT
IT POURS
MORTON SALT COMPANY
The majority of physicians now advise the daily use of a good iodized salt to protect children from simple goiter. Your own doctor probably will tell you that there is no safer or more certain means of preventing this frequent cause of irritability, lack of vigor, loss of appetite, and backwardness at school.
Physicians favor Morton's Iodized Salt because they know that, as a product of this 80-year-old company, it is accurately mixed. As simple goiter is exceedingly prevalent, threatening 2 children out of 3, you owe it to your youngsters to begin using this salt on the table and in cooking *immediately!* It looks no different, tastes no different, costs no more.
Morton Salt Company, Chicago
WHEN IT RAINS
IT POURS

They *"love"* milk this way!

Serve the daily quart as junket and a task becomes a "party." As a body-building food junket is actually more nearly perfect than milk itself. In transforming milk into a custard-like dainty, Junket performs the first step necessary for perfect digestion. Easy to make. Requires no eggs or cooking.

Junket

REG. U.S. PAT. OFF.

makes Milk into

DELICIOUS DESSERTS

Free—"Book of Delicious Desserts." Or send, with grocer's name, 6 cents in stamps to cover postage and packing—for book and trial package of Flavored Junket in powder form. If you prefer, we will send Junket Tablets, not sweetened or flavored. Write Dept. 153, The Junket Folks, Little Falls, New York. In Canada, address The Junket Folks, Toronto, Ont.

6 Tempting Flavors

Vanilla	**Chocolate**	**Lemon**
Orange	**Raspberry**	**Coffee**

Flavored Junket, already sweetened, is even easier and quicker than Junket Tablets, not sweetened or flavored. Just add package of Flavored Junket to one pint fresh milk *barely lukewarm;* stir *one minute.* Pour into individual dessert glasses, let stand in warm room until set. Place in ice-box; serve *ice-cold* topped with fruit, sauce, or cream.

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This magazine wants mothers to represent it in many territories. Both full and spare time women can earn regular income by pleasant, easy work. For particulars write Extension Division, CHILDREN, *The Parents' Magazine,* 255 Fourth Avenue, New York.

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Telephone — Plaza 9512

Don't Handicap Your Child with Baby Talk

(*Continued from page* 20)

that baby talk is appealing. When the youngster gets along into his third year it begins to be annoying if his speech isn't clear enough to be understood. One is no longer amused; one is ashamed of it. It is too bad if now he must spend valuable time re-learning words, when he should be free to go on to new lessons. And perhaps an even greater loss than that of his time is his dawning doubt regarding the reliability of the grown-ups on whom he is dependent for his knowledge.

Nor is it only in the matter of mispronunciation that the baby's dawning intelligence is so often insulted. It is astonishing how many people find it amusing to tell children ridiculous things, or give preposterous answers to their earnest questions—questions propounded in such perfect trust and faith!

I KNOW a precocious and charming little girl who had learned the names of many colors long before she was two. One afternoon one of the family teasingly told the baby that her little red tricycle was blue, and insisted upon it until, after much troubled remonstrance, the little girl was persuaded to call it blue, too. This was esteemed a good joke in the family, and for some time they found it a never-failing source of amusement to hear the child, after correctly naming several red objects, reply trustfully "blue," when asked about her tricycle. This type of joke is all too common. "What is that?" asks The Very Small Person, and is given a humorous but totally irrelevant answer, because it is amusing to hear the child solemnly repeat the absurdity. But this is really a very poor joke. When a baby spontaneously arrives at some absurd conclusion or funny mispronunciation, or mistake, we are naturally and justifiably amused. They are dear little ridiculous darlings, these babies, and their quaint mistakes appeal to us as tender amusement. This is as it should be. Enjoy them by all means! Rejoice in their charmingly funny sayings—though not openly, for children are intensely sensitive—but do respect their minds. Deliberately to mislead or misinform a little child should be recorded on the dark list of human sins.

Every grown person should think of himself as a teacher in relation to every child with whom he associates. Not a stern or formal teacher, but a jolly, casual, comradely one who always takes seriously the importance of the unfolding, the growth of a human mind, and respects its problems and its aspirations. If we would, all of us, only think of ourselves and our responsibilities in this light, we should still, of course, make mistakes—being only human—but we should be better parents, because we should come nearer to deserving the confidence with which little children look to us for counsel and guidance in this strange and intricate world.

The wonder of a little *Sugar in his Food*

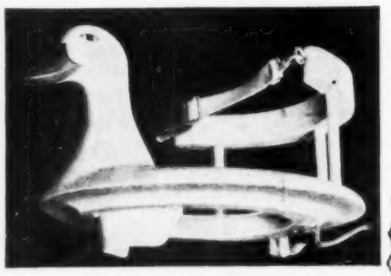
SUGAR is a wonderful flavor for simple food. Children love it—and especially does it help them eat enough of the fruits, vegetables, eggs, milk, cereals and simple desserts. These, as you know, are building foods. Flavored with sugar they can taste delightful to a child.

Some of the needed "quart of milk a day" can be made into an egg-nog (egg beaten into milk, then flavored and sweetened). Or into blanc mange, egg custard, or creamed soup such as tomato also sweetened.

Breakfast can become interesting when the child can sprinkle sugar over his cereal or fruit; and for lunch, carrots and peas may be cooked with a little sweetening.

Does he like orangeade or lemonade? There's the vital fruit juice, the energizing sugar, and the needed water. Gelatine with fruit delights a child—and think of all the vitamins, minerals, and roughage in the fruit.

Sugar can flavor delightfully so many dishes that a child may eat enough of other foods to become a little overweight. This is much to be desired! Physicians affirm this. They say the healthiest, happiest children weigh a few pounds extra. Put the wonder of a little sugar, often, into the child's food. The Sugar Institute, 129 Front Street, New York.



ASK YOUR BABY'S DOCTOR

and then go or phone your favorite Department Store or Plumber for the

DOO-TEE INFANT TRAINER

Five of the Ten
"REASONS WHY?"

1. BATHROOM CLEANLINESS. Ordinarily when a child is put on the toilet mother has to wipe up the floor and seat, eight to fifteen times daily, three hundred and sixty-five days in the year. "DOO-TEE" saves all this by reverting all the water back into the bowl.

2. KEEPS BABIES FROM HANDLING THEMSELVES. They sit close up to the duck's back and the duck's head occupies the attention of the child's hands. One of the greatest baby specialists in the West said mothers have come to him in tears over this very delicate problem.

3. BABY FUNCTIONING. By putting two lengths of toilet paper over the front of the toilet seat and extending down into the bowl, then clamping on "DOO-TEE," it is possible to know when the child has urinated, as the paper will be wet. The specialists have pointed out that this is a very important factor to efficient training.

4. PREVENTS FEAR. When the baby is placed on the toilet using an ordinary infant's seat, it seems high from the floor, and sometimes cries from fear of falling forward. "DOO-TEE" has the duck's head extending solidly up in front of the child as well as the strap which hold him securely and gives him confidence.

5. BODY CLEANLINESS. "DOO-TEE" automatically separates the child's legs uniformly apart, insuring body cleanliness.

DOO-TEE CORP'N
615 Twenty-third Ave.
OAKLAND, CALIF.

The Whole-Family House

(*Continued from page 28*)

There is very real comfort to be had from an electric or gas refrigerator. An electric power outlet should be installed near the place where the refrigerator is to go in every new home, even if this mechanical aid cannot be purchased in the beginning. If an ice-box should be used, provision should then be made for an icing-door through the wall to the back of the ice-chest and a drain should be built into the floor for the ice-box drippings. Forget the old tradition of placing the ice-box in a separate closet of its own outside the kitchen, for this arrangement adds many weary steps to the work of preparing a meal. A good ice-box which is well insulated is as economical of ice even though it stands in the kitchen as is a cheap one placed out in a closet.

If the foregoing suggestions are followed, the preparation of a meal is a simple matter since food is concentrated in the storage group and can be moved easily to those units where it is prepared for the table. But three pieces are involved in the preparation of the food, the kitchen cabinet, the stove and the sink. As these are standardized articles of furniture, the planning involved is not much more than that of providing the space and location for each and making a suitable selection from what the market offers to fit personal requirements and purse. A good method of arranging them is to put the stove in the corner under a ventilating hood, the cabinet on one side and the sink on the other. The light from the windows on each wall will come on the two working units, the cabinet and the sink, and the stove will be out of the draft.

TWO windows with a small wall space between will provide room for a small wall cabinet containing brushes, soap, cans of scouring powder and other cleaning materials. This is an important help in keeping an orderly sink.

An electric wall light should be located over the working space, especially over the sink, where the cleaning of foods demands good illumination. A wall outlet, preferably a power outlet, should be near the kitchen cabinet, into which can be plugged the wire from any electrical device used in beating or grinding food. If a gas or oil stove is installed it is desirable to have an electric outlet near it. To this a small electric fireless oven may be attached. The convenience and comparatively low cost of this method of roasting and steaming is something that no busy mother should neglect to investigate. Of course, a central light, covered with a diffusing globe and controlled by a switch at the entrance is needed for general illumination of the kitchen.

The third division of the kitchen equipment, to be placed nearest the dining room, consists of a serving table on wheels and sufficient storage space for china and glassware. In the days when servants were plentiful, a special room between kitchen and dining room was considered necessary for the storage of

(*Turn to page* 44)

Comfortably Protected —in Kleinert's Jiffy Baby Pants

Specially processed *pure* rubber, ample fullness, soft knee and waistbands, *guaranteed* protection—these are some of the features which decide *careful* mothers to insist on Kleinert's Jiffy Baby Pants. Natural, white, or flesh color in four sizes.

KLEINERT'S DIA-PADS

Snowy-white, soft-textured absorbent pads which fold into the diaper and help to hold the moisture. Dia-pads do away with the hardest, most disagreeable part of baby's laundry.

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***Little* babies, especially, appreciate these waterproof Stockinette Sheets because they are soft and warm even when wet. They may be washed in hot soap suds in an electric washer and run through an electric wringer. Look for the name.**

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From her introduction to "Manuscript Writing," by Marjorie Wise
HOW THE DUCKS GOT THEIR FEATHERS
In the bright moonlight the dead leaves
fell, whenever the wind shook the trees. Over
the village passed great flocks of ducks and
geese, calling to each other as they sped away
towards the waters that never freeze.
In the lodge War Eagle waited for his
grandchildren. When they came in,
aside his pipe and said:

The same letter forms used for both writing with type and reading in print eliminate confusion and supply a simple basis for primary studies

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Blankets that shut out cold shut out sunlight too

. . . give him whole sunshine through windows of Vita Glass

ALL too often when baby is set out on the porch in his perambulator, for his daily sun-bath, he gets very little *real* benefit from the sunshine. Heavy blankets cover everything but a little half-moon of face where eyes and nose peep out.

If YOU had been swaddled, from head to foot, in a heavy blanket at the beach last summer, you wouldn't have tanned, either. The invisible health-rays would have been shut out. It's the same with your baby.

Even ordinary window-glass stops the vital health-rays and prevents them from coming indoors. Yet these rays are the cream of the sunshine. Children *must* have them to develop strong bones and teeth, and to build up their resistance to the common diseases that haunt childhood. One of the most dangerous of these, rickets, is due to lack of sunshine.

Child specialists have hoped that some day a window-glass, which would bring the outdoor sunshine indoors, might be perfected. Today, this new health glass is here.

Vita* Glass brings all of the radiant energy of the sun into your home. You can put baby in a sun-suit, and let him play in his nursery. Vita Glass protects him from the bitter breezes of winter, and, at the same time, bathes his body with the life-giving tonic of *pure* sunlight.

Give him a happy, healthy childhood, filled with sunshine. Considering its proved health value, the cost of Vita Glass is moderate. Let us send you the complete story now—so that you can give him the health advantages of an installation this winter. Simply mail us the coupon.

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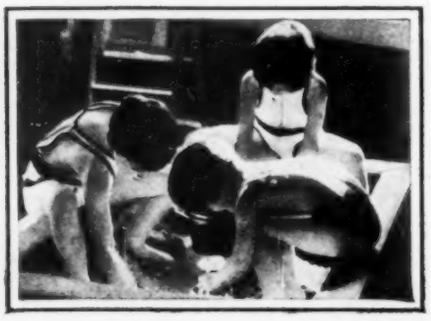
VITA* GLASS

*Trade-mark Reg. U. S. Pat. Off.

Brings the sun indoors

**Vita is the trade-mark (Reg. U. S. Pat. Office) of and indicates glass and glassware manufactured for and sold by Vitaglass Corporation, New York City.*



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Please send me complete information about Vita Glass and its use in the care of children.

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City_____ State_____

The Whole-Family House

(*Continued from page* 42)

china and glassware. This pantry, inherited from the old English manor houses, where it was a room for the storage of butter, cheese, bread, platters and salt-cellars (the name comes from the French 'pain') grew to be, in America, an enlarged closet, lined with shelves and containing a sink for dish washing. Except when houses are large and well supplied with servants, this room is waste space today.

In the medium-sized houses of today the pantry has changed into a breakfast room, with table and benches on the window side and cupboards on the inside wall. But for the small house, even this room must be eliminated to save cost and the china closet be placed in the kitchen. The meals are then served in a small dining room or in one end of the big living room. I have assumed for the illustration a small dining room next to the kitchen and placed the china closet against the wall between it and the kitchen, suggesting the possible double opening of this closet into both rooms. A service table on wheels is, in this case as it is in most arrangements, a real help when no maid is employed to bring in the meal and clear it away.

In clearing away a meal a certain route must be taken. In the illustration the dishes are brought from the dining room to the stack table on the right of the sink by rolling the service table back to the place where it is kept. On the top of the stack table is a covered hole under which is a metal tube leading down to the garbage pail. The dishes can be scraped into this without uncovering and pulling out the pail, and refuse from the sink can easily be swept up and dropped through.

OTHER units, not used in preparing meals, may be placed in the kitchen, such as a closet for the cleaning equipment, the vacuum cleaner, broom, dust pans, mops, floor polishers, cans of wax and other things. Then, too, in a small house some laundry equipment may be placed in the kitchen, or better yet placed in an alcove just off the kitchen. On the plan shown, this is suggested. A later article will deal with this subject more thoroughly.

As the kitchen is a work room where cleanliness is paramount, its floors, walls, ceiling and trim must be finished in the most non-porous materials possible. Color is obtainable in such materials and is desirable.

For the floor, linoleum of the inlay type, with pores thoroughly impregnated with wax or lacquer to make it non-absorbent fulfils about all the requirements. Laid with cement over heavy felt on top of a finished floor of yellow pine, it is comfortable for the feet, simple to clean, colorful and lasting. Those patterns which are mottled show less the casual tracks of dirt from the children's feet and are preferable to the plain pattern.

Colored tile walls, laid over metal lath, give, of course, the ideal surface

(*Turn to page* 46)

Washable walls for the nursery and every other room in the house

SANITAS
STANDARD STP TEXTILE PRODUCTS CO.
BRAND
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Look for this trade mark

Nurseries needn't resemble orphan asylums, with plain, uninteresting walls. They can be beautiful, colorful, cheerful, and none the less practical, if you will have your decorator use Sanitas Modern Wall Covering next time you have to decorate the nursery.

You'll find Sanitas cannot be permanently harmed by sticky and soiled fingers. A damp cloth wipes off the dirt in a jiffy. Then, too, Sanitas-covered ceilings are safer because this decorative fabric gives added support to cracked ceilings.

Sanitas is the original, cleanable cloth wall covering, and decorators everywhere endorse it.

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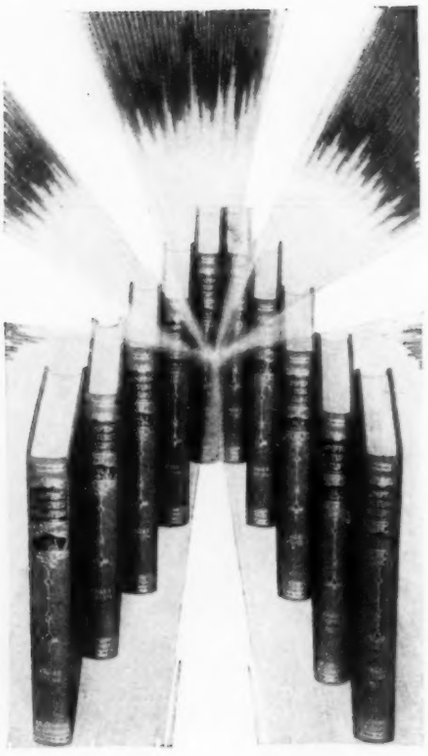

The Only Thing of its Kind in the World for Children

This set of books contains the learning of the world, so interestingly written and pictured that children and young people love to get at it; and yet kept in encyclopedic form so that they CAN get at it. The first complete set of reference books in encyclopedic form that has ever been written and pictured for the children and youth of the world for their very own.

No wonder that already in over forty thousand schools and three hundred thousand homes the children and teachers and mothers alike have come to look upon Compton's as the greatest forward step for children in the history of learning.

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If you want to see that this great accomplishment—this only thing of its kind—will do for your children or your young people in making them love to learn, just mail this coupon and our Educational Director will send you a FREE Sample Pictured Section together with our FREE Questionario Game which measures the general knowledge of any boy or girl at any age. And she will also send you full information as to how you can have this wonderful Pictured Encyclopedia in your home for your children for as little as three-fifty down.

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☐ Pre School ☐ Grade School ☐ High School

The Whole-Family House

(*Continued from page* 44)

for kitchens. They are expensive, however. If you cannot afford tile, finish the wall with a hard wall plaster. Paint this with a priming coat of china-wood oil to stop up the pores, and spray with a colored lacquer or one of the special non-absorbent enamels. This will wash off almost as well as tile. Cloth-backed wall coverings which may be washed also come in designs suitable for the kitchen.

The woodwork, too, should be finished with the same non-absorbent lacquers or enamels applied over a priming coat of flat interior white. The best woods to select in building the cabinets and trim for finishing in this manner are white pine or white wood. Yellow pine and cypress show too much grain through the paint. Where tile wainscot is not laid up, a wooden base, painted with a black enamel, makes a good transition from linoleum floor to plastered wall, and does not show where the wet mop slops against it.

BESIDES simplifying the cleaning of the kitchen by using the right finishes, attention should be given to eliminating all dust pockets and places hard to get at with cleaning equipment. Sinks, which should be of convenient height, should be hung from the walls without legs, and so should radiators. The bottoms of closets should be about an inch and a half above the floor and the tops should extend up to the ceiling. The stove ought to be finished with baked enamel and not the old-fashioned painted iron. Faucets and pipes should be coated with a heavy nickel plating or better with chromium plate, which shows no tarnish.

The coal range, with its dirty ashes need not be installed even in those localities where there is no gas, now that gasoline pressure stoves, kerosene oil stoves, canned gas stoves and electric stoves are so easy to install and operate. The old, familiar hot-water boiler, too, is now definitely consigned to the cellar, beside the house-heating boiler, so that an auxiliary winter water heating attachment may be connected with it. Thus bit by bit the kitchen has undergone a tremendous transformation. It is now coming out of the stern period of immaculate whiteness of ten years ago into a period that, while taking cleanliness for granted, demands color, sunlight and pleasant outlook from the windows.

The next article in this series will deal with the equipment and arrangement of the laundry.

POLISH

I like the waxy polish
Of poplar leaf and myrtle,
The varnish of the grackle's wing,
The lacquer of the turtle.

So when I build my cottage,
For finishing the wood,
I'll bargain for the handy-man
That did our neighborhood.

Eleanor Slater.

pneumonia

may often be avoided . . . by checking Colds promptly

An Emergency Treatment

Pneumonia is too dangerous a disease to treat lightly. Always call a physician. Pending his arrival, administer a good purgative and a hot mustard foot bath, and put the patient to bed. Then apply hot wet towels to the chest to open the pores; rub Vicks well in, spread on thickly and cover with warm flannel cloth.

Vicks does not interfere with any medication which the physician may prescribe.

LAST year, in the United States alone, pneumonia caused the death of more than 100,000 people.

Broncho-pneumonia is especially dreaded by mothers, because it is a disease which commonly attacks young children.

Pneumonia generally starts with a cold. One precaution against pneumonia, therefore, is to treat all colds promptly.

Avoid Upsetting Stomach

Mothers also want to avoid "dosing" their children. Internal medicines are so apt to disturb the delicate digestion. And mothers well know that an upset stomach reduces the child's precious vitality, thus making it easier prey for the pneumonia germs.

External Treatment Best

The safe and effective way to avoid these dangers is to rub the throat and chest with the modern vaporizing ointment, Vicks VapoRub. Vicks acts two ways at once in bringing relief:

(1) It is vaporized by the body heat and inhaled all night long direct to the inflamed air passages and lungs, loosening the phlegm and easing the difficult breathing.

(2) At the same time, it is absorbed through and stimulates the skin like a poultice or plaster, "drawing out" the tightness and pain and thus helping the inhaled vapors to break up the congestion.

For Adults' Colds, Too

This double direct treatment usually checks a cold by morning. It has been found effective for the cold troubles of adults, as well as children, in millions of homes for over 20 years.

acts 2 ways at once

VICKS VAPORUB

TEACHING A NATION TO AVOID SEVERE COLDS

Don't hurt your baby
with pins and buttons

The Vanta Baby Copyright 1925 Earnshaw Knitting Co.

Pins come unfastened, buttons break and turn edgewise, to torment the little body. Be sure too, mother, that your baby never can pick up loose pins and buttons and promptly put them into his mouth.

Dress your baby FOR THE FIRST TWO YEARS, the SAFE, comfortable, convenient way in

Vanta
Baby Garments
Original No Pins, No Buttons

VEST

They tie with dainty bows of Twistless Tape. Dress baby without turning him once.

Always fit perfectly because you can loosen or tighten the tapes in dressing. Safe, simple, comfortable, convenient for baby and mother; adjustable as baby grows; recommended by 50,000 doctors and nurses.

In cotton, wool, silk, linen mesh, sase, rayon fabrics, light or heavy weights, as your doctor advises; dress baby from birth to six years.

SLEEVELESS VESTS

Vanta SELF-HELP Garments, teach babies of two years, to dress themselves; train in independence.

Originators

of almost every improvement in dressing of babies.

Vanta Quality

All garments are guaranteed to be non-shrinkable of the finest fabrics and best workmanship.

ABDOMINAL BAND

Ask for Vanta Baby garments at your store. If you cannot get them, write to EARNSHAW SALES CO., INC., Dept. 261, Newton, Mass.

FREE TO YOU

Vanta Pattern, also "Baby's Outfit," a book of 64 pages on care and dressing of babies

Earnshaw Sales Co., Inc., Dept. 262, Newton, Mass.

Without charge now or later send pattern and full instructions for making the new Vanta square-fold, pinless diaper. Also Baby's Outfit book and illustrated catalog, all in plain envelope.

Name.....

Address.....

City.....State.....

What a Camp Can Do

(*Continued from page* 24)

sea that lapped the beach beneath their windows. What the son did do, however, was to avoid me thereafter—subtly but distinctly. He saw to it that there was always someone else around when he was with me. He didn't want to encounter any more parental fussbudgeting, and I had spoiled our meeting to which I had looked forward with such keen anticipation for so many long weeks! To be sure, his teeth are important but they're not worth one jot of our relationship with each other. They are not so important a thing for me to talk to him about, in the first ten minutes—or even the first day or the first week, if I had the bad grace to stay so long—as the things he was doing, what gave him the most fun, the biggest thrill, who was his special crony, who were his tentmates and a thousand other things that go to make up the real boy which should be so much more precious to us parents than their teeth and their tummies, important as these physical things are. Why can't we ever learn to "love 'em and leave 'em?" Certainly at camp, where they are in such good care, we ought to be able to cultivate this most salutary method of treatment.

When the wise wife of the director of my boy's camp saw that I was feeling a bit neglected by my son, she said, with a gentle laugh, "That's what happens to all the mothers who come here! I know it's painful but it has to happen sometime. *Every mother must learn, sooner or later, that she is only background.* But—she must always be there making up her child's background. When she isn't, he is lost."

Wise words which it would be well for us all to remember.

So I returned to my little cottage which stood at the edge of the grounds of the girls' camp remembering those words and trying, at once, to put them into practice. From my vantage point, in the background, I observed and watched and tried to find out all the secrets that must surely be the possession of people who could make children so happy. It was such a singing world, that camp, where young and old went through their day in lilting melody, that I was sore at heart when I wondered to what sort of world these children would be returning at the end of the season. They would be going home to—what? Would the homes to which they were returning be as full of song as this camp. Would they be so full of radiant good will and sympathy and understanding and so free from mawkish sentimentality and over-weaning emotion? Would there be no super-ego dominating the household and crushing all growth beneath its giant heel? Or would the spirit of the home be somewhat like that fine camp spirit of mutual helpfulness and creative living together? For eight weeks the children had been living in a serene and happy atmosphere, where the best in each was called forth and the response was made with gladness. Would not some of them have to return to homes torn by conflict, where nagging was the watchword and wouldn't the contrast be obvious even to the most loyal child? In those short two months of camp influence I had seen some extraordinary instances of re-education, of solving of behavior problems. The shy child had come out of her shell because the art counselor had discovered an exquisite talent in her; the sullen child had found that she cheated only herself by indulging in black moods; the rude one had discovered that courtesy pays and the tyrant had been converted to democracy. Would all this good work be given a chance to go on bearing rich fruit in human happiness or would the return to the old environment which had produced these mental "sets," these personality difficulties, destroy the good work or, at best, undo some of it forever?

As this camp, which was my neighbor, welcomed parents to such an extent that it even maintained an inn for their convenience, I asked one of the directors whether they weren't complicating life by doing this. She looked at me with the utmost astonishment. "But we need the parents," she exclaimed, "not only do we want to meet them and work with them in the interests of their children, but we want (*Turn to page* 50)

How to Select a Camp

If you plan to send your boy or girl to camp this coming summer, we recommend that you consult the large listing of camps in the Conscientious Directory of Schools and Camps in the front of this magazine.

There are camps of large or small enrollment, widely located, and within the means of everyone.

A representative of this department has visited many camps throughout the country, and will help you if you cannot find just the camp you want. Of course, there is no charge for this service. Write to

School and Camp Department
Regina McGarrigle, Director
CHILDREN
The Parents' Magazine
255 Fourth Ave., New York City

The hardest thing in the world for parents is to resist "decorating" the child's own room!

"Many mothers ask me what we have in our home that makes all the youngsters beg to be allowed to play there on rainy days. To children who come to our house to play, children from elaborate homes and conventionally "cute" nurseries, our big room seems to be the most fascinating place in the world."

In fixing up a nursery there is really only one principle to apply: make it a child's world. This means a room where children can play without constant admonitions. Your nursery, to be a real child's world, must contain furniture that can stand up under the roughest kind of treatment, for unless children are free to play roughly, naturally and imaginatively in this room it is not a real nursery!

If you are planning a new nursery or planning to redecorate an old one, you will find this article by Ruth Leigh, in the March issue of *The American Home*, not only full of sound common sense gleaned from her own experience, but full of delightful, novel suggestions for making your child's nursery a real child's world. It is as good as a visit to one of the modern experimental schools which represent the last word in present-day appreciation of child psychology.

The American Home

Yet this is only one of many helpful, useful things you'll find for your home and garden in this issue. There is a beautiful sepia insert of some charming houses designed especially for *The American Home* by some nationally known architects; What to look for when you buy or build; Some modern mirrors for your rooms; How to bring new life and color to old floors by the new stencil treatment; How we built our house; Some good Oriental rugs for the limited purse; Guest room trifles that make for hospitality and comfort; Electric servants that work at low cost; How to weed out your overcrowded rooms; A small house in the Connecticut tradition; New shelves, tables, and cases to house your books; Furnishing the combination room where space is limited and furnishings must be especially carefully chosen and attention paid to color and balance. And for your garden no end of things: How to plant trees; How to get an early indoor start with seeds; Fitting a garden to your house; Lots of fruit from little lots; First steps in rose love; A little garden that looks big; and these are only the "high spots." Only one issue of the twelve you'll get for only one dollar. Of course you want it!

12 beautiful issues for $1

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(CM-3-29)

Guard Her
from the threat of
Decay
at The
Danger Line

THAT little baby, whose eyes are flashing at you so gayly—what are you doing to protect her teeth and gums? Indeed, are you truly aware of the vital importance of those baby teeth to her future health and development?

The selection of a *safe* dentifrice is imperative—a dentifrice which cannot injure the tender mouth of the child, but which will protect against the acids that cause decay. Squibb's Dental Cream is the ideal dentifrice for children. It contains more than 50% of pure, palatable Squibb's Milk of Magnesia; enough to neutralize the acids which attack teeth and gums for a long time after use; it contains no grit—no astringents—no strong antiseptics; it is pleasantly flavored, and it is harmless even if swallowed.

Children like Squibb's Dental Cream, and many mothers have found it a great aid in teaching the little ones the habit of oral cleanliness. At druggists everywhere, 40c a large tube. E. R. Squibb & Sons, New York. *Manufacturing Chemists to the Medical Profession since* 1858. The "Priceless Ingredient" of every product is the honor and integrity of its maker. Copyright 1929 by E. R. Squibb & Sons

SQUIBB'S DENTAL CREAM

What a Camp Can Do

(*Continued from page* 48)

what they can contribute. We like to approximate the family as much as possible and have people in our group representing various ages. I wish we might have some grandparents and great-grandparents, too! As it is, these adolescents are likely to get the idea that they alone are living and making history and—know it all! My husband and I would like them to find out that maturity has its joys, too, and its rights and, perhaps, also, a little more wisdom than youth." Need I add that the parents who became, even for a day, a part of that hospitable group, left it with a new understanding?

By way of consoling us poor parents, I want to conclude with a few choice words about what a home *can* do and all the camps in the world *cannot*.

"There must be a home somewhere in the year's round," said one counselor. "I can think of no more unsatisfactory life for any child than to go from boarding school to camp and back to boarding school again. That should be permitted only when there is no home in which to spend at least a part of the year. A camp can only offset a home; it cannot, nor does it want to be, a substitute."

"It has been my observation that children who live, for a great part of their lives, in groups of which the majority are of their own age," said another counselor, "acquire a sort of surface sophistication which doesn't fortify them for living as does the intimate contact with mature minds derived from family life."

CAMP life must, of necessity, be devoid of that intimate, comfortable feeling of ease which ought to mean "Home." It cannot, because it caters to the crowd, provide for each individual the amount of solitude his soul may need for expansion. And, because it has to be run on schedule and plan, it does not offer much leeway for devising one's wn amusement, planning one's own day or going exploring, God knows where and ending up no place in particular.

Somewhere in everyone's year, there ought to be an interval when all schedules and rules are thrown overboard and life may be lived from moment to moment. If such intervals could be wedged in between camp and school, a child's life ought to be rich in all sorts and varieties of experiences.

"Did you have a good time at camp, Sonny?"

"Sure—but, BOY! I'm glad to be HOME."

That about says it all—doesn't it?

To a Child

All that I have, little boy,
  I give thee—
Body and spirit,
  Time without stint,
The rose of a cheek,
And brown hair's glint—
All—but joy—
  That, you give me!

Dorothy Leonard.

Busy Mothers

Let the telephone earn money for you!

The care of a family and the numerous household duties make it so difficult for busy mothers to go out to earn money for the "extra" things that are always needed — but we have an offer that will enable you to earn a considerable sum right in your own home!

Mrs. W. L. M., of Newark, N. J., earned $56.50 in one month by making calls during her spare moments.

This spare-time work is pleasant, dignified!

You simply telephone your friends and neighbors and ask them to let you send their new or renewal subscriptions for CHILDREN, *The Parents' Magazine*, instead of mailing them direct to us.

So many busy mothers are adding to the family income in this way, and you will find it worthwhile, too.

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Please tell me how I can earn extra money in my spare time.

Name .....

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329-A

Sunshine via Food

(*Continued from page 17*)

generated in the ergosterol of the skin, and acts much in the same manner as the vitamin-rich fish oil.

The special function of this substance seems to be to absorb the ultra-violet energy of the sun or lamp and transform it into the bone-forming vitamin D of the nutritionist.

Thus, when the milk or cereals containing even small amounts of ergosterol are exposed to ultra-violet light they become carriers of the bone-building vitamin, just as cod-liver oil, though not in the same potency or strength, for if foods were irradiated to a point at which they were equal to cod-liver oil in their action, in equal volume, dangers of the body receiving too much of the vitamin would occur. Even the best known foods can react harmfully in excessive amounts.

For that reason the commercial application of the Steenbock process, as the irradiation of foods under the method worked out by the Wisconsin University scientist is called, has waited almost five years for carefully measured standards —not medicinal but nutritional.

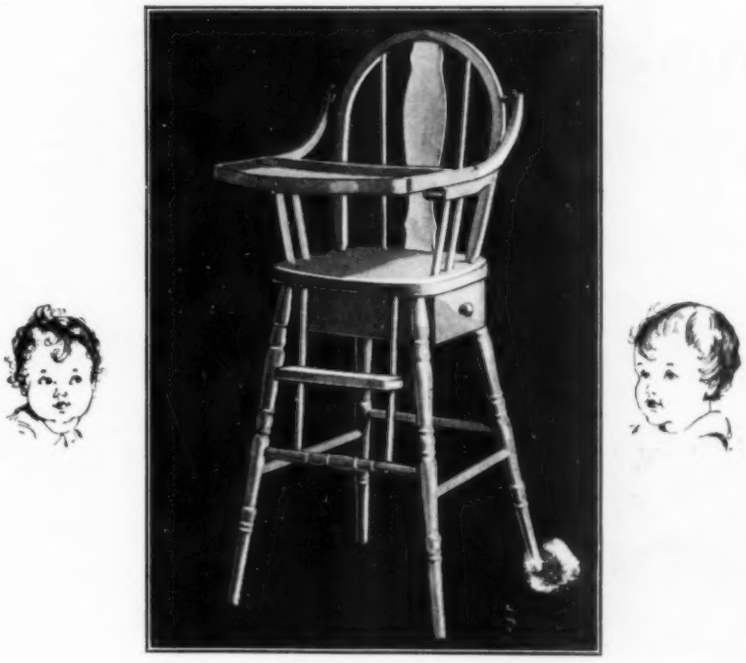
The importance of the irradiated food product lies in its nutritional value, for many ailments from which the human body suffers are being traced to the absence of certain vitamins from the diet.

Each of the vitamins, so far discovered and studied, has a particular function, a specific action in our well-being. Without vitamin A growth is retarded. The absence of vitamin B from the dietary produces beri beri, while absence of vitamin C, found in orange and tomato juices, produces scurvy. Without vitamin D, or its equivalent—the ultra-violet light of the sun or the sun-lamp—bone and tooth growth is hampered and rickets occurs in children, with its long line of kindred ailments due to poor lime retention. Without vitamin E, the most recent important vitamin discovery, fertility is impossible. The individual vitamins have again been split up by other research workers to determine their nature. Thus, at the dawn of vitamin study vitamins A and D were regarded as one and the same. Now we know that each has its particular function.

IRRADIATION of foods, however, is concerned directly with the production of the rickets-preventing vitamin D, which also, in a more general way, prevents calcium deficiency.

It is now generally accepted that rickets is caused by the dietary deficiency in vitamin D, and the consequent inability of the growing child to store lime and phosphorus in its bones. It would not seem probable that calcium, or lime, should ever be lacking in our foodstuffs when we remember that this mineral is the fifth most abundant element in the earth's crust. Milk, the first nourishment the infant receives, is rich in calcium or lime salts. The difficulty, however, is that of finding a sufficiency of it for the construction of the normal skeleton, because it cannot be retained and

(*Turn to next page*)



COMFORT >> *for the Heir Presumptive*

When all the other members of the family seat themselves comfortably around the dinner table, where does the youngest sit? Humiliatingly depressed below platter level? Elevated precariously on towers of telephone directories? Or is he served in solitude before the household dinner hour?

At the table or in the nursery, a good high chair means a satisfactory meal for the Heir Presumptive: and more. For the comfortable child is more tractable, has far better manners, and is much less likely to strew the rug with tidbits of this and that.

The new Mason High Chair is designed to afford the greatest comfort; it has been developed with the cooperation of specialists in child health, along scientifically correct lines. The high back gives full support, and slopes backward just enough to allow free motion of baby's head. There is a saddle seat for easy sitting; an adjustable foot rest to meet the needs of baby's growth; the seat is just the right height to give room under the dining room table. Slanting legs assure safe, firm support against tipping.

Easy for mother, too. A convenient drawer on the side holds bibs and spoons and rattles and whatever toys are permitted at meal times. The easily cleaned aluminum tray, fifteen inches by eight inches, will take any child's size plate.

This sturdy high chair is as beautifully finished as it is strongly constructed. It is a piece of furniture that will serve baby well, from before his first birthday to his fourth. It costs but fifteen dollars.

You will find the Mason High Chair and other Mason furniture for children at most department stores, children's specialty shops and furniture stores. Ask to see the child's table and chair sets and lawn swing, also.

If your store cannot supply you, we will be glad to: we can deliver right to your home. The coupon is for your convenience.

MASON

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The Mason Mfg. Co., So. Paris, Me.
.....I enclose fifteen dollars for the child's high chair.
.....Send me leaflet fully describing the child's chair.
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"We use 'Vaseline' Jelly regularly. It is the only thing to heal a sore or cut. Our doctor suggested it."

•

"When there are children the unexpected always happens, but we always have two jars of 'Vaseline' Jelly handy in the medicine cabinet."

"VASELINE" Petroleum Jelly is the tried and true first-aid remedy in almost every family. Mothers cannot say enough in praise of it. They turn to this one simple product in all kinds of emergencies. Many letters like those above come to us from all parts of the world.

Keep a jar handy in the bathroom cabinet where you can reach for it at a moment's notice in case of accidents and ailments.

Here are first-aid directions for common mishaps that occur in every family.

Minor Cuts—Wash under running water and apply "Vaseline" Jelly.

Burns and Scalds—Cover the affected area with "Vaseline" Jelly, spread on clean linen or gauze. Change dressing daily.

Bumps and Bruises—Apply cold compresses immediately, then dress with "Vaseline" Jelly.

Remember, when you buy, that the trade-mark Vaseline on the package is your assurance that you are getting the genuine product of the Chesebrough Mfg. Company, Cons'd.

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Vaseline

REG. U. S. PAT. OFF.

PETROLEUM JELLY

Sunshine via Food

(*Continued from page* 51)

made use of by the body without the aid of the antirachitic vitamin and its associated influences, all closely related.

Nor is the rachitic child, suffering from calcium deficiency, a puny-looking youngster, for growth is possible on an inadequate calcium retention, though firm, healthy bones and strong, hard teeth are not. As a rule, the physician finds the child with a tendency toward poor bone growth a restless, fretful one, susceptible to colds and respiratory ailments.

This importance of normal, healthy bone growth is being assiduously studied in scores of medical schools and hospitals. The writer recently examined X-ray photographs of the wrists of 100 children in a tuberculosis sanatorium. X-ray pictures quite readily show the density of the bone and the minute granules of calcium fused into a homogeneous mass where the bone development has been normal. In the tubercular children, however, 92 per cent distinctly show rachitic lines, indicating stages of poor calcification or laying down of lime salts.

FOR years Dr. Rollier, the Swiss physician in whose sanatorium high up on the slopes of the Alps at Leysin children suffering with bone tuberculosis have been treated with the rays of the mountain sun, has achieved marvelous cures. In the light of present-day vitamin knowledge physicians interpret much of the curative effect of the mountain sun to the action of their invisible ultra-violet rays on the ergosterol of the skin of the children, the creation of vitamin D, which made possible the use of the lime-rich milk and other foods they received.

It was Dr. Rollier's "sun therapy" which gave stimulus to the work of Dr. Hess and Professor Steenbock. The intermediate scientist was Dr. Huldschinsky, a German physician, who found it impossible to carry the children of wartime Germany into the clear sunlight of the mountains when these children suffered from rickets. Huldschinsky substituted the ultra-violet lamp and achieved the results which Rollier did with his natural sun.

Steenbock started his food research at the same point, but instead of using children he used animals. He divided his laboratory animals into two groups —those permitted to run at large in the sunlight and those kept in darkness.

Each experiment on the feeding of his animals brought Steenbock nearer to the solution of the problem. The day came when he first irradiated the millet with ultra-violet light before feeding it to his animals, young dogs and rats, kept carefully away from the light. As "controls," he took the litter-mates, or twins, of the test animals and fed them the same diet—but not irradiated—under the same conditions. At frequent intervals the bones of the two animal groups were photographed with an X-ray camera and the difference in their bone structure charted.

The bones of the animals receiving

Make It Easy *for* Baby *with* "LITTLE TOIDEY"

5 th Month to 5 th Year

WHAT a strange new world for baby minds to grasp....yet how quickly baby learns to know and to do! Sometimes it seems it must be instinct only, but observation shows the influence of environment and association.

The great theory of "conditioning" is nowhere better understood than in connection with the training of baby to the toilet. Thru "Little Toidey" baby at the earliest age associates the function of elimination with the bathroom toilet and a habit of regularity is easily established. All the while, too, mother is saved needless disagreeable work, and sanitation is preserved.

...and for the climbing age...the New "Toidey" Steps

When baby has reached the eighteenth month or thereabouts, "Toidey" Steps will prove a great stimulus. Baby will take pride in going alone to his "Toidey".

These habit training aids are to be had from all leading stores, at $3 and $5 for Toideys; $6 for the Toidey Steps.

Ask also about the "Comfy-Safe" AutoSeat, a juvenile seat for the automobile [not a toilet] priced at $5.50.

Ask for by name, and identify by the trade mark.

Write for further details!

Juvenile Wood Products, *Inc.*

Gertrude A. Muller, Pres.

FORT WAYNE, INDIANA

A company devoted to the scientific study and production of helps for baby.

the irradiated cereal showed normal growth, while those of the "control group" were soft and rubbery. Various other cereals were irradiated and tested in the same manner until Professor Steenbock was satisfied that the rays of the ultra-violet lamp had indeed created a new factor in the foodstuffs, an energy similar to that of the bone-building and lime-retaining factor of sun and lamp and cod-liver oil—vitamin D.

General health and growth of the animals receiving the irradiated cereal diet were better than the health and growth of the "control group."

ANOTHER problem was to be solved before the commercial application was to be attempted. It was that of the keeping qualities of the irradiated foodstuffs. Some of them lost their newly acquired vitamin strength sooner than others. In cereals exposed to ultra-violet rays the vitamin showed remarkable stability. Certain cereals were stored for two years under extreme conditions of temperature—freezing and heating—after their irradiation, then put to the same test of feeding. They had lost none of their new quality, but continued to influence the retention of lime salts by the body after two years. Still another test was that of any change in appearance or taste. Irradiation under scientifically accurate conditions made no change in flavor or appearance—there was only one change which the eye could not detect, that of the invisible vitamin D being added.

Professor Steenbock, who had spent his life in the laboratory away from practical business affairs, found himself in a quandary. He had discovered a valuable adjunct to the science of nutrition. Ethically he felt himself bound to give it to the world at large, but there loomed the danger of its exploitation as a panacea by unscrupulous and overenthusiastic manufacturers. He patented the process, under the conditions that the proceeds of the patent were to revert to a scientific foundation to be used in research work for the good of mankind. He sought no personal profit from his discovery. Furthermore, the patenting of the process would give the scientists the power to control the application by licensing only conservative and well-established manufacturers, who would follow through with his laboratory work.

Thus each sample of irradiated food is biologically tested, and fed to laboratory animals to chart its constancy in vitamin D content.

Hundreds of children have been fed irradiated milk and the reports of physicians are recorded in the medical journals. Large groups of children have received irradiated cereals over extended periods and have been regularly examined to note the beneficial effects. The minute observations which the scientists always are anxious to study, however, cannot be made on human beings. For that reason, animals eating the same foods human beings thrive on are constantly being fed.

In this way has the world been given a new weapon against dietary deficiency in the sunshine vitamin so necessary for health.

"There is a human quality in its tone that appeals especially to the singer". CAROLINE ANDREWS *says of the....*

A hand-made Masterpiece. Style B in Mahogany, only 4 Feet 10 Inches Long. F.O.B. New York . . . . $675.

BRAMBACH

BABY GRAND

ENDORSED by leaders in the musical world and prized in homes where beautiful tone is really enjoyed, the Brambach Baby Grand enjoys first position among all small grand pianos of popular price.

The Brambach Tone Expander creates a depth and volume of tone exceeding even larger instruments. Its Piano Scale is conceded to be the finest small grand in existence. Its Super-Sounding Board has a greater area and string length than any other small grand made. This vital factor for tone richness is guaranteed unconditionally for life.

The rich beauty of Brambach tone is echoed in the exquisite cabinet-work and model designs shown by Brambach dealers. Both see and hear the Brambach . . . offered you on most liberal terms.

The Brambach Piano Co., Mr. Mark P. Campbell, Pres., 627 613 West 51st St., New York City.

Gentlemen: Please send me paper pattern showing exact size of the Brambach Baby Grand, and beautiful brochure.

Name.....

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Nazareth
CHILDREN'S UNDERWEAR

The modern child wants modern style

Old-fashioned underwear doesn't go so well with short-skirted, sleeveless Spring dresses, and nobody knows this better than daughter.

She can be comfortable and feel properly underclothed with the new Nazareth styles in knitted or nainsook underwear.

Nazareth underwear is obtainable in a wide variety of styles and fabrics for boys and girls—knit waists, union suits and waist suits, infants' shirts, too.

The Nazareth label has guided millions of mothers during the past forty-three years in buying good quality, well made, serviceable underwear for their children.

Ask your retailer to show you the new styles in Nazareth underwear

Style Joy—Price 50 cents
Illustrated above is Nazareth Style Joy—a girl's bleached, lightweight knit step-in waist suit. Band top; no sleeves; trunk leg; taped buttons where needed. Sizes 2/3 to 12/13.

Nainsook Suits at 50 cents
Nazareth makes taped and untaped suits for boys and girls, in sizes from 2/3 to 12/13. Ask your dealer for them.

Write for Catalog
if you are unable to get Nazareth Underwear at your dealer's

NAZARETH WAIST CO.
366 Broadway, Dept C, N. Y. City
Mills at Nazareth, Pa.

That Bugaboo The Cold

(*Continued from page 27*)

speaking, or hoarseness, we lay to a "laryngitis," or inflammation of the "larynx."

It is less common to hear the diagnosis of "tracheitis" made, though this should in many cases be done, when the cough and burning discomfort take rise in the great "windpipe," or trachea, just below the larynx. If the germs have to go still further to find lodgment, and begin to grow in the dividing branches, or "bronchi," we have the familiar "bronchitis." If they go so deep as to actually invade the tissue of the lung itself—it is only fair to say that as a rule such germs are of an entirely different family from the rest that we have been considering—we have a real "pneumonitis," or, pneumonia.

As any of these may decline to be limited to one of the regions described, but elect instead to crowd over into neighboring territory, it is easy to understand what a confusing total of symptoms may be set up in various patients by the activities of the same conspirators. Also it is understandable how a person suffering with one set of symptoms can infect another person with germs which will produce in the second individual an entirely different set of symptoms.

IN addition to the above, which the doctor calls "local" symptoms, differing with the site of activity of the invaders, there is another collection of symptoms that occur, in varying degrees of severity, in all the varieties of colds. These are called "general" or "constitutional" symptoms. Chief among them are fever, general achiness, pain, sleeplessness, the flightiness or actual delirium that accompanies fever in many children, fatigue, and general impairment of function of the whole body. If the degree of resistance happens to be high, these may be present to but a slight degree. On the other hand, they may almost overwhelm the patient.

The infection sometimes chooses another direction along which to travel; in which case the sinuses, or mucous-membrane-lined bony cavities connecting with the nose become involved. Still another possible area of extension is along the tiny Eustachian tube running from the back of the throat into each ear. Earache, with a possible extension into the bony skull just behind the ear, the mastoid region, can also mark the extension of a cold, especially in the child whose resistance is low.

If the common cold is as dangerous as some of the above remarks would indicate, then it certainly behooves those dealing with children to shelter them as far as possible from contact with others who have colds, whether these others be children in the school that they attend, or adults in their own home. Difficult and even expensive, in time at least, as such quarantine may seem, we cannot in fairness advise less. And as a matter of fact, schools which have tried the experiment of excluding all teachers and children alike at the first sign of colds, have found to their great surprise that

Write for This Pin

"Our Gang" and thousands of boys and girls belong to the "Roll on Rubber" Club. Members get free gold finish club pin, certificate and instruction book "How to Roller Skate." Just send 10 cents membership fee.

"CHICAGO"
TRADE MARK REG. U.S. PAT. OFF.
Rubber Tire Roller Skates
"Speed Without Noise"

"Our Gang" and your favorite movie actors are all Roller Skating on "CHICAGOS," because these are the skates with the ball-bearing disc wheels, and the hard composition Rubber Tires that last twice as long as steel wheels.

From dealers, or send us $4.00 and your dealer's name.

Hal Roach's "Our Gang"

ROLL ON Rubber-

New Double Tread "Triple-Ware" Steel Wheel Roller Skates

These New "Chicago" Skates are the Strongest—Speediest and Longest Life Skates made. *New Double Tread Steel Wheels* are guaranteed *not* to come apart.

Note Double Tread of Hardened Steel. Outer tread is crimped over Inner Bushing Tread and will last three times longer than other steel wheels.

No. 101 Steel Wheel Skate

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No MATTER where you live, your child may have Calvert instruction at home from Kindergarten to High School . . . under expert supervision. Calvert School furnishes books, supplies, and by mail supervises and guides the work of every pupil.

Established in 1897, as a day school, it has taught thousands of children at home and abroad by its long-distance instruction. "While resident in Egypt," an engineer writes, "we used the Calvert Home Instruction Courses for our daughter. On our return to America after 3 years, she entered fifth grade, and has done the public school work with ease."

Your child can also have school without leaving the ideal environment of home.

V. M. Hillyer, A.B., Harvard, author of "Child Training," "A Child's History of the World," etc., is Head Master.

For descriptive booklet address

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Pant-ease
SIDE-PINNING DIAPERS
"Soft, Tubular knit cotton material. Exceptional wearing quality. Used and approved at Hospitals and by many Mothers. At Baby Departments and Shops. Small, $2.50; Large, $3.00; Ex. Large, $3.50 per doz. Sample garment, 35 cents. Free Booklet."
INFANT WEAR CO.
Dept. 310 Perry, N. Y.

such a practice has increased the number of days of total school attendance.

What else can be done to lessen the spread of the common cold? So-called "cold vaccines" and "cold serums" sometimes confer an immunity for a number of months; at other times, even with the same patient and the same inoculation, no helpful results are observed. Results are so variable that the best which can be advised is to allow the physician in charge to make the decision as to whether or not such an attempt at immunization shall be made.

An interesting theory has been advanced recently, however, which deserves at least passing mention here. This is that exposure of the child to all sorts of weather in much lighter clothing than most of us would consider adequate has a specific effect in building up an immunity against colds. This is quite distinct from the beneficent action of the ultra-violet ray when it is allowed to reach the body of the child. How far the latter treatment should be carried in the case of the individual child, had probably best be left to the decision of the physician in charge..

IT is sound, safe practice to put any child to bed upon the first symptoms of the onset of a cold. It must be remembered, however, that a room comfortable for the lightly dressed mother or other attendant, will probably increase the severity of the oncoming head cold. If necessary, open windows well at top and bottom, in order to have the temperature cool enough to necessitate some extra wraps for anyone who stays in the sick-room. A diet need not be scanty in order to be allowable; simple, sensible food may as a rule be allowed to whatever extent the patient's appetite indicates. Many will not eat much, especially those with a decided rise of temperature. Such patients should not be urged to eat at all, but should be supplied generously with cool drinks, and especially with an abundance of water. Cool sponges for bringing down the fever are safe and very comforting. Some sort of nasal drops are frequently ordered, but these had best be left for the doctor to prescribe. The same thing may be said of mustard plasters, which many doctors employ. Bed rest should be kept up as long as there is any indication of the persistence of the infection, both for the sake of the patient and as a means of localizing the disease and preventing its spread throughout the rest of the family and school circle. Catharsis should not be practiced unless ordered by the doctor. Bowels may be emptied if necessary by means of a warm soapsuds enema.

You say there is nothing very new, startling, nor heartening in all this? True; and yet this is the status of our present knowledge of the common cold. It is to be hoped that the increasing attention being paid the subject will lead to something tangible. Meanwhile, what we can do is to stick to the well-known principles which have been laid down here, secure in the knowledge that in so doing we shall be giving our children the very best science has to offer in combating that bugaboo the cold.

Do you like milk ?

We know a little girl who didn't

SHE was *always* tired. So one day her Mother called in a Doctor Man. And he said, "Get her to drink a lot of milk and stay out of doors."

But Mary—that was her name—said she wouldn't d r i n k m i l k 'cause it tasted "udgie." That was before she had THE ADVENTURE with Mrs. Cow.

Ever since *then*, she loves drinking milk, because Mother adds a little sugar and half a teaspoonful of Burnett's Vanilla to the glass. And that is all due to Mrs. Cow!

P. S. If you would like to hear all about how Mary found out about Vanillamilk, just ask us to send you a little book called *"Why the Cows Cried"* (that's the name of the Adventure). It has pictures of Mary and Mrs. Cow and the vanilla vine! It is made especially for *you*.

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An Ideal Gift for the New Mother!

A *new* baby in the house—what joy and what *responsibility!* A thousand problems to solve—so many things to learn! What better gift to a new mother than a year's subscription to this magazine which will make motherhood so much easier for her?

A handsome Gift Card will be sent in your name.

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CHILDREN, The Parents' Magazine
255 Fourth Avenue, New York, N. Y.

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If even ONE
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Your Child is *Sure to Suffer*

Here is a new food-combination which contains all 4 vitamins

THE vitamins are policemen who protect our bodies. Each has a particular job to do. Deprive your child of any one of them and you weaken his resistance against disease.

Today you can be sure that your child's diet contains each one of the vitamins so essential to his health. A famous biological chemist (name and copies of his report furnished on request) reported that a simple food-combination, made by adding Maltine With Cod Liver Oil to orange juice, contained the four vitamins—A, B, C and D—in adequate quantity for health.

Maltine With Cod Liver Oil is easily administered and readily digested. Keep a bottle in the kitchen cabinet and give it to your children regularly. When taken with orange juice, it is certain insurance against vitamin deficiency.

Write for "The Doctor Talks about Vitamins"

Medical men have acclaimed this brilliantly written booklet one of the most valuable contributions to the literature of vitamins. Its every-day language is interesting as well as authoritative. May we send you a free copy? The Maltine Company, Brooklyn, N. Y. Established 1875.

The A B C's of vitamins

A "OFFICER A" *is essential to normal growth and helps protect against certain infections, especially those that attack the respiratory system. Cod liver oil is the recognized richest available source of Vitamin A.*

B "OFFICER B" *is also necessary for growth and health. Lack of Vitamin B results in loss of appetite, a cessation of growth, and the appearance of certain nervous disorders. Vitamin B is found in whole wheat grains.*

C "OFFICER C" *prevents scurvy. Orange juice is everywhere recognized as very rich in Vitamin C. That's why we recommend this policeman.*

D "OFFICER D" *enables the body to use the minerals contained in food. A deficiency of Vitamin D causes rickets, that weakener of child bones. This factor is meager or lacking in all our ordinary foods. Cod liver oil is nature's gift of rich Vitamin D.*

Maltine
WITH COD LIVER OIL

Accepted by the Council on Pharmacy and Chemistry of the American Medical Association

Electricity—The New Servant

(*Continued from page 29*)

one is going to get just about what he pays for. In general, the difference in price will represent a difference in the quantity and kind of work that the two machines will do.

For instance, take electric washing machines. What is an electric washing machine? It may be only a simple contraption, to set in some existing bowl or tub, for nursery washing purposes, and very good it will be for that, or one may have a splendid machine that washes, rinses and dries the entire laundry for a sizable household. One may purchase a small all-metal "Junior" size of some standard machine, to fit in a small apartment kitchen, or a large old-fashioned wooden washing machine, electrically operated, a clumsy contraption according to city standards, but admirably adapted to certain conditions of country life.

To purchase heavy-duty equipment for a small family is unnecessarily to increase capital cost; to buy light machines where those of greater capacity are needed is false economy, leading to frequent renewal charges and unsatisfactory performance. This is all a matter where the good judgment of the home manager must prevail.

For convenience in treatment, let us take some twenty-six of the foremost types of electrical household appliances, divide them into groups on a usage basis and list them for price range.

KITCHEN MACHINES:	*Low*	*High*
Refrigerator	$200.00	$500.00
Dishwasher	149.00	295.00
Kitchen unit	111.00	235.00
COOKING APPLIANCES:	*Low*	*High*
Range	$45.00	$315.00
Fireless Cooker	10.00	30.59
Toaster	3.75	12.50
Percolator	3.75	23.50
Tea-kettle	12.50	16.00
Waffle Iron	7.50	18.50
Table Grill	7.50	16.50
Disc Stove	7.85	9.00
LAUNDRY:	*Low*	*High*
Washing Machine	$49.00	$175.00
Ironer	155.00	215.00
Flatiron	3.90	8.50
CLEANING TOOLS:	*Low*	*High*
Vacuum Cleaner	$24.50	$87.50
Floor Polisher	26.50	127.50
MISCELLANEOUS:	*Low*	*High*
Sewing Machine	$37.50	$173.00
Fan	5.00	35.00
Heating Pad	5.00	10.00
Milk Warmer	3.75	8.50
Hair Dryer	4.95	22.50
Shaving Cup	4.85	6.86
Radiant Heater	7.50	12.50
AUTOMATIC FURNACE APPLIANCES: (*with thermostatic control*)	*Low*	*High*
Forced Draft Blower	$250.00	.....
Electric Stoking Machine	395.00	.....
Oil-electric Heating System	495.00	1,200.00

The price variation shown in these various groups is striking enough to bear further study. For instance, with electric refrigerators, increased cost is largely a matter of size; with a dishwasher the price depends on whether it

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BABY SOUP
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The Badge of Health Foods
In 4 oz. Glass Jars

For Growing Babies

Prescribed by over 5,000 specialists to supplement the milk diet. These foods save mothers 24 hours a week kitchen time. Cost less than if made at home. Ready to dilute, heat and serve. They keep indefinitely when sealed and are equally convenient to use at home or traveling.

These foods supply all the mineral salts

CLAPP'S BABY SOUP
An appetizing combination of Beef Juice, Vegetables and Cereals.

CLAPP'S LIVER SOUP
One-half Calves Liver and one-half Vegetables with the Liver strained raw and cooked in the jar. A combination taken most readily by baby.

CLAPP'S STRAINED VEGETABLES
Spinach, Carrots, Asparagus, String Beans, Peas, Beets, Tomatoes, Prunes and Apricots, are all scientifically prepared from carefully selected materials, especially for growing babies and are immensely liked by them.

Ask your Doctor and Write Us for Dealer's Name

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CROWN LAVENDER
SMELLING
SALTS

At home, at the theatre, while shopping or traveling, or if you find yourself in stuffy rooms or crowded places, the pungent fragrance of Crown Lavender Smelling Salts clears the brain, steadies the nerves, counteracts faintness and weariness. It is invigorating—a delight and comfort. Sold everywhere. Schieffelin & Co., 16-26 Cooper Sq., New York.

The Perfumed Touch that Makes Your Toilet Complete
Cuticura
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Delicately Medicated and Antiseptic

is a portable or sink type; for a kitchen unit, price depends on the partial or full assortment of attachments. With an electric range, it is the size and capacity of the device; with the smaller table-cooking units, sometimes size and capacity, but often style and appearance of the article determine its cost. In the cleaning-machine group, size and capacity is the determining price factor; for sewing machines, price difference means size, type and style. Luckily, with furnace assistants, one will need to have only one of the three types indicated, the price range here being nearly a thousand dollars.

It is also fairly fortunate for the family pocket-book that while *all* households should have *some* of the equipment here listed, by no means all households should have all of it. Here comes in the principle of selection, to which the home-manager should give most careful consideration. To illustrate more specifically what is meant, let us proceed with the business of selecting, in theory, the equipment that might be reasonably hoped for in three different types of domestic establishment.

We shall begin with the family in the five-room city apartment, the family just launched, one might say. Because they pay rent, rather than own, it is the landlord who must provide heat and hot water, also hall and stair cleaning, thus eliminating at a stroke some of the commoner problems of house maintenance. Because the landlord owns the premises, tenants will not wish to install permanent machines such as refrigerators and dish-washers, although some landlords now include these devices in their rented quarters. Since the characteristic tiny kitchen does not permit of laundry machinery, except in its smallest terms, it will be assumed that such a household probably patronizes a commercial laundry, at least in part. Now for the equipment:

COOKING:	
Percolator	$ 3.75
Cooker	10.00
Grill	12.00
Waffle Iron	7.50
	$32.25
LAUNDRY:	
Nursery Washer	$49.50
Flatiron	3.90
	$53.40
CLEANING:	
Vacuum Cleaner	$35.00
MISCELLANEOUS:	
Fan	$ 5.00
Radiant Heater	7.50
Heating Pad	5.00
Milk Warmer	3.75
Sewing Machine	40.00

This selection is based on certain reasonable assumptions: that the small city apartment probably has gas for cooking; that the young couple has at least one young child, and that the housekeeping arrangements are those generally prevailing in the present-day type of five-room apartment. The home manager will not purchase a floor-polisher, but will rent one as needed from her local hardware store, and will probably send out "flat work" to a commercial laundry. (*Turn to next page*)

Marriage and Health

Illness may reunite a broken home but, more often, complete happiness in marriage depends on the health of both husband and wife. How nervousness, sterility, the wife in business, and physical ill health affect marriages is discussed in a frank-spoken, sympathetic article for the March number of HYGEIA, The Health Magazine. Typical of HYGEIA'S articles, this one is intensely interesting reading and is written by two authorities, Dr. Ira S. Wile and Mary Day Winn.

The Convalescent Chila

When the doctor's visits are over and the pain or the cough are gone, do you endanger your child's future health by not giving him special convalescent care? Every parent needs these instructions for preventing a relapse, given by Dr. Samuel A. Cohen in the March HYGEIA.

Headaches

Who doesn't have them? There's Mother's "dull" headache that comes so often and Junior's that he complains of only on Sundays. They are two of the four types of headaches, described by Dr. Francis W. Palfrey in the March HYGEIA. His advice on headache tablets, compresses, and relief measures is just what you've been wanting.

and these other health features—

Following the Sunshine, The Runabout Child, Transforming Personalities, "Female Weakness" Cures, Our Growing Knowledge of Immunity, Simple Lessons in Human Anatomy, **children's health stories, and Answers to Health Questions are only a few of the good things about health in the March HYGEIA. You can place complete confidence in HYGEIA'S advice, for it is published by the American Medical Association, the national organization of reputable physicians. Each issue profusely illustrated, easy to understand.**

6 Months for $1.00!

HYGEIA'S regular rate is $3.00 a year, but here is a special introductory price. Send the coupon now, as the offer is limited.

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535 N. Dearborn St., Chicago, Ill.

Please send me HYGEIA for 6 months, beginning with the March number. I am enclosing $1.00 in payment.

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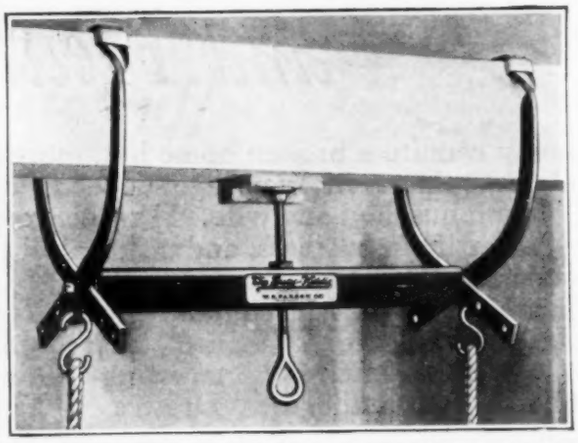
EXERCISE!



THE PATENTED "BUSY KIDDIE" HANGER

The patented "BUSY KIDDIE" Hanger turns any doorway into a gym.
It clamps on to the door trim without marring the woodwork and does away with treacherous, unsightly screw-eyes. It is tested to 350 lbs.
Swing, spring exerciser, trapeze, and flying rings can all be hooked on to one and the same Hanger—as desired.
Fastened and released by a turn of the thumb screw in the middle.
PATENTED SO THERE IS NOTHING LIKE IT.

"BUSY KIDDIE" Swing

How inviting the swing looks and how it makes the time fly in healthy fun.
In lower right and left-hand corners are children on "BUSY KIDDIE" trapeze and rings, building muscle and health, while keeping joyously occupied.

A Close-up of the "BUSY KIDDIE" Spring Exerciser

"BUSY KIDDIE" Exerciser

And if the grown-ups are getting soft of muscle and possibly a little too hefty, just buy a pair of our spring exercisers, snap them to the children's "BUSY KIDDIE" Hanger, and go to it, — the cut shows the hook-up.

"BUSY KIDDIE" Trapeze

The "BUSY KIDDIE" is unique, not only on account of its patented Hanger; but also because it can be used by the whole family — from three years up, to be exact — to build strength, health and character.

One "BUSY KIDDIE" set lasts indefinitely. Sold by department, toy and sporting goods stores, or direct.

Ideal As a Gift the Year Round

Don't Procrastinate — Write for Free Folder To-day

STANDARD PRESSED STEEL CO.,

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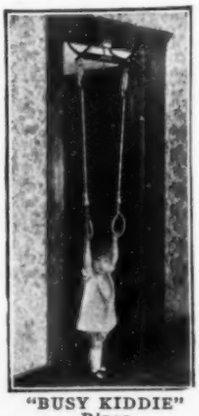

"BUSY KIDDIE" Rings

Electricity—The New Servant

(*Continued from page 57*)

It will be noticed that only three items of any size are on this list, the vacuum cleaner, the sewing machine and the nursery washer. The rest is made up of the smaller utensils that go to make up so much of housekeeping convenience.

The equipment of the six-room suburban house introduces an entirely different problem of living, one including the acquisition of permanent household equipment. This might be as follows:

COOKING:	
If rate permits, electric range	$100.00
or	
If not, group of table cooking devices, including percolator, tea-kettle, grill, toaster, waffle iron and cooker	75.00
LAUNDRY:	
"Junior size" standard washing machine	100.00
Small size electric ironer	155.00
KITCHEN MACHINES:	
Electric Refrigerator	200.00
Dishwashing Machine	150.00
CLEANING:	
Either heavy-duty cleaner with floor polishing tool	75.00
or	
Light cleaner and floor waxer	70.00
MISCELLANEOUS:	
Fan, radiant heater, heating pad, portable sewing machine	75.00
FURNACE STOKER	395.00

Admittedly, the complete equipment of a six-room suburban house becomes a matter of heavier expense, but it will be noted that, exclusive of the furnace-stoker, the total cost is about $840 (depending somewhat on the two options suggested), which represents just about the yearly wage for a domestic employee in an Eastern suburb. Additional food, uniforms, space, light and heat, would represent more than the cost of the electric furnace-man.

For the larger country house, the equipment would be slightly more complete. Probably a cooking rate would bring the electric range; the washing and ironing machines would be full-sized, but might be no more expensive because of this. The refrigerator may be a size larger, and the dish-washer of the sink variety. To the kitchen machines, we add the kitchen unit, as befitting a larger family, while in the cellar, the oil-electric heating system would prevail.

COOKING:	
Electric Range	$125.00
LAUNDRY:	
Washing Machine, Ironing Machine, Flatiron	300.00
KITCHEN MACHINES:	
Electric Refrigerator	250.00
Dishwasher Sink	200.00
Kitchen Unit	110.00
CLEANING:	
Vacuum Cleaner with Tools	70.00
MISCELLANEOUS:	
Fan, Radiant Heater, Pad, Percolator, Waffle Iron and Sewing Machine	100.00
CELLAR:	
Oil-burner	$500.00-1,000.00

Without the furnace equipment, this list falls within $1,200, but would insure a life of complete comfort in country surroundings, entirely independent of whether domestic assistance were available or not.

All advertisements conform to standards on page 71

Books for Parents

The Problem Child at Home, by Mary B. Sayles. *The Commonwealth Fund—Division of Publications.* $1.50.

Here is something really important!

Every so often there flashes across the horizon of the child-training world a book whose promise of intrinsic worth is not belied by its contents. Such a volume is "The Problem Child at Home."

The material for "The Problem Child at Home" has been taken from over two hundred case records of actual children whose problems (including the interlocking problems of parents) were studied at the child-guidance clinics established during the five-year demonstration program of the Division on Methods of Preventing Delinquency of the National Committee for Mental Hygiene, and made possible by the Commonwealth Fund. This does not mean, however, that the case records necessarily dealt with abnormal or pathological children. On the contrary, Miss Sayles has written about ordinary children—yours and mine and those of our neighbors; about the dozens of frictions and misunderstandings and conflicts that arise in every home in which there are children, and not the least of the book's charm lies in its sheer humanness. She makes us see ourselves as parents, as we really are.

Three parts comprise this volume including chapters on "The Emotional Needs of the Child," "The Satisfaction of Normal Parental Love," "The Satisfaction of an Impulse to Dominate," and similar titles. A sane, balanced and conservative attitude pervades its pages. The author well appreciates the modern mental hygiene point of view—that you can catch more flies with sugar than with vinegar. The psychiatrist emphasizes the extent to which each one of us, adult and child alike, has been molded by forces beyond his control; and the impossibility of any human being's maintaining a flawless adjustment to a constantly changing environment. The important thing is that we should recognize the fact, and, instead of seeking always to justify our own behavior by any argument we can lay hands on, should endeavor to trace our prejudices, our points of view, back to their origins. Once understanding how we came to think, feel and react as we do, we are better prepared to head off unfortunate reactions and substitute more suitable and socially helpful ones."

Here, indeed, is a book worth buying.—*Reviewed by G. K. Pratt, M.D.*

ANNOUNCEMENT

We Also Publish Books for Parents

CHILDREN, *The Parents' Magazine,* announces that it will from time to time publish books for parents on the rearing of children from crib to college. Its association with leading educators, pediatricians and child psychologists will enable it to publish books by leading authorities in various fields. The firm of W. W. Norton & Company, Inc., has been selected as co-publishers of the books in charge of their bookstore distribution.

The first book, which is now on sale, is A DOCTOR'S LETTERS TO EXPECTANT PARENTS ($1.75), by Dr. Frank Howard Richardson, F.A.C.P. Much has been written on the physical problems of the mother-to-be. This book deals also with the psychological aspects of the subject and gives needed council to fathers-to-be. Dr. Richardson has written eighteen letters, two for each prenatal month. There are nine letters dealing with physical problems addressed to the expectant mother. And there are nine other letters on the psychological aspects addressed to both the expectant mother and father.

Second and third children present prenatal problems as well as the first. Many irreparable consequences are caused by lack of care. Dr. Richardson tells how to avoid them. A DOCTOR'S LETTERS TO EXPECTANT PARENTS is written in informal, intimate language, and is based on the authority and experience of the author, one of the most eminent child specialists in the country, and author of SIMPLIFYING MOTHERHOOD, REBUILDING THE CHILD and other books for parents.

The second book, which is also ready, is IF PARENTS ONLY KNEW ($1.75), by Elizabeth Cleveland, author of TRAINING THE TODDLER. It is a message from teachers to parents, telling what the modern school is doing for the child and how the home can help. The chapters of this book were published in this magazine in abridged form last winter. In simple, everyday terms, this book, by an outstanding educator, interprets the child's school experience and explains the important interrelation of the home, the child and the school. The author suggests definite Parent-Teacher Association activities and tells how mothers and fathers may take an active and intelligent interest in their children's school progress. Among the subjects dealt with are Health, Recreation, Citizenship, Character Training and Choice of Vocation. Written with keen insight into human nature, this book will help all parents.

For spring publication there will be THE MODERN BABY BOOK AND CHILD DEVELOPMENT RECORD by John E. Anderson, Director of the Institute of Child Welfare, University of Minnesota, and Florence L. Goodenough, Associate Professor of the University of Minnesota. A description of this book will be published in a later issue.

These books may be ordered through book stores or from CHILDREN, *The Parents' Magazine,* 255 Fourth Ave., New York, N. Y.

When . . .
March Winds Blow!

Keep them happily busy indoors with PLAYSKOOL

They'll not beg to play outdoors in wet, cold weather when PLAYSKOOL offers real fun indoors. And, Mother, they'll not take up your time either for with PLAYSKOOL you don't have to be the teacher or hire an instructor. PLAYSKOOL is a Home Kindergarten, Teacher and Companion, all in one.

Approved Pre-School Training

PLAYSKOOL consists of an attractive desk, completely outfitted with modern occupational materials for children of Pre-school Age, and endorsed by educational authorities. This material encourages original thought and self expression, develops creative ability and talents which might otherwise remain dormant.

Workshop and Play-Nook

PLAYSKOOL also teaches orderliness and tidiness, by providing a place in which things may be put away when the day's play is over.

Not An Extravagance!

PLAYSKOOL costs but $16.50 delivered to your home. ($17.50 west of the Rockies.) May we send our interesting, descriptive folder? Merchants everywhere sell PLAYSKOOL, but you may order directly from

PLAYSKOOL INSTITUTE
596 COMMERCE ST. MILWAUKEE, WIS.
A DIVISION OF JOHN SCHROEDER LUMBER COMPANY

Merchants, write for dealer proposition

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Please send me complete information on PLAYSKOOL, the Home Kindergarten.
Name.....
Address.....
City.....State.....

Teter-Rabbit

The Child's Gymnasium

Gives the kiddies endless pleasure, with sane, healthful exercise, indoors and out. Makes strong arms and sturdy legs. Safe, controlled spring action—no marring of floor or furniture. "A God-send to Mothers." A wonderful gift at any time. Full guarantee. Small size, 1½-3 yrs., $3.75. Large size, 3-6 yrs., $4.75. (Pony head optional.) At your dealer or sent prepaid parcel post.

TETER-RABBIT COMPANY
672 E. Fort St. Detroit, Mich.

"Children's clothing is apt to be too heavy,"

a foremost child specialist in New York City has said. "Only under-clothing of medium weight should be worn and outer-clothing should be light while in the house." Select Everfast Fabrics—smart cottons, whose colors will not fade.*

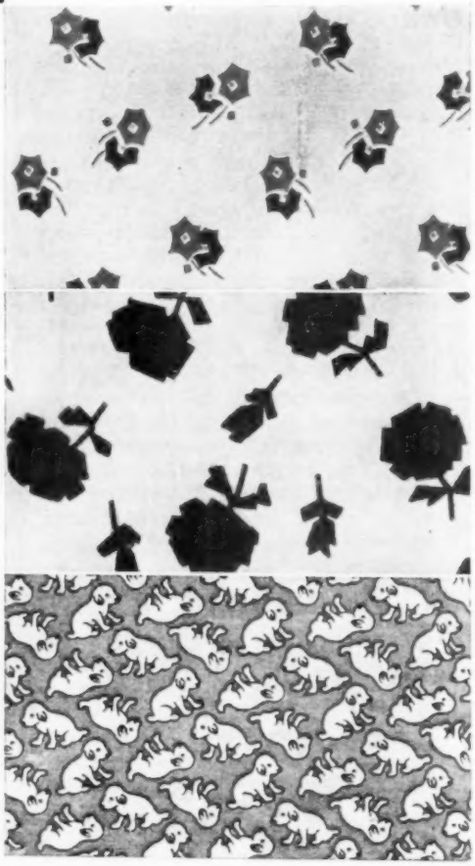
**Quoted by permission from "The Care and Feeding of Children," by Dr. L. Emmett Holt. D. Appleton and Company, New York.*

Everfast Fabrics especially adaptable to children's clothes. They come in Printed Linens, Printed Dimities, Printed Handkerchief Cloth, Playtime Prints, Suiting Prints, Gingham Cloth and fabrics in every plain color. You can get them at almost every good store. Write for dealer's name. None genuine without the name Everfast on the selvage. N. Erlanger, Blumgart & Co., Inc., 354 Fourth Avenue, New York City.

THIS is quoted directly from the pages of a famous little book that has now become the constant consultant to many parents in this country. Yet doctors are not the only ones who recommend light-weight clothes for children. School health authorities advise wash frocks as the most comfortable and easiest to keep clean. Fashion authorities say that cotton frocks are first in good taste for children.

Mothers who dress their children for school and the year round in frocks of Everfast Fabrics display their own good judgment. In addition to being healthful, comfortable and tasteful, these fabrics are gay and beautiful. They are exquisite, yet sturdy in texture—fashionable, yet practical in color. No Everfast Fabric will fade. Every yard is protected by the nationally known Everfast guarantee.

Ask to see the smart new



THE GENUINE
Everfast Fabrics
REG. U.S. PAT. OFF.

Children Like Individual Clothes Too

(*Continued from page* 34)

Even the young man of the household must know what ties are right with his tweed suit. Such suits may be made at home with the help of the tailor in pressing the heaviest seams. The short sack coat may be left unlined for spring wear. Pattern No. 4073.

The ensemble mode has penetrated to children's wear. A plain frock and printed coat make a very new and smart note. Plain wool for both the dress and coat fashions a sensible costume for early spring wear. Pattern No. 5605.

A long-waisted frock has a circular skirt and deep bertha collar. Of flowered dimity, printed lawn or handkerchief linen it is a lovely style for the two to six-year-old. Pattern No. 5619.

The small boy appears at his best with a cap to match his coat. The raglan sleeve and double-breasted effect make the coat equally good for a little girl. Pattern No. 5564.

Although the girl's coat also is double-breasted and has raglan sleeves, her pockets are different from her brother's and her coat is buttoned from right to left while his is buttoned in the opposite direction. Silk or wool are excellent fabrics for this type of wrap. Pattern No. 5567.

Smocking is a simple decoration that is always good on the washable frock. Printed zephyrs, percales, piqués and sheer cottons are all good fabrics for such a dress. Pattern No. 5606.

The school dress must visit the tub innumerable times so the models selected should be simple and easily ironed. A front panel affords an opportunity to utilize contrasting fabrics and the remnant counter is a good place to find these short lengths. The collar may match the panel. Pattern No. 5607.

Printed Shantungs are new in fashion favor. Silk piqués and other washable fabrics make ideal frocks for the junior girl from twelve to sixteen. The diagonal treatment is very becoming to the immature figure. Pattern No. 5654.

Broad trowser legs are a great boon to the active boy. When the trowsers are buttoned to separate waists, contrasting materials may be used. Pattern No. 5380.

Back views of designs on page 34

"Good for Me, Too!"

BIG BROTHER is in training for the team, so Little Brother has taken to watching his weight too! Children acquire good habits easily when they are young and Detecto, the preferred bathroom scale, guides them on the road to health and strength.

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Out of the MOUTHS OF BABES

One dollar will be paid for each child's saying published in this department

KENNETH was only six, but he was a regular fellow! His uncle, meeting him one day, noticed that one of his front teeth was missing. "Well, boy, how did you knock your tooth out?" "Oh, that was easy. I did it shifting gears over a lollypop," Kenneth answered gayly.—*G. M. M., San Diego, Calif.*

MILDRED had been naughty and was sent upstairs to her room with an injunction to sit on the chair in the corner.

"Must I sit on the chair in the corner?" called the little girl upon arriving in her room.

"You certainly must, dear," called her mother firmly.

"All right, I will, but your new hat's on that chair," said Mildred.—*A. C. H., York, Pa.*

BETTY had noticed the absence of hair on the back of the baby's head, where he had lain. She had her own explanation: "Moths."—*Mrs. W. L. Y., Lincoln, Neb.*

ELIZABETH and John began calling each other names. All bad names from "chicken" on up had been used when suddenly little Elizabeth said, "You look like the devil."

"Elizabeth, you must beg John's pardon!" exclaimed her mother.

Elizabeth very submissively said, "I am sorry you look like the devil, John."—*A. E. P., Asheboro, N. C.*

LITTLE Harold, standing with his nose pressed against the kitchen window at sunset, called: "O, Mama, come and see. The kitchen sky is all red."—*I. H. W., Kirby, Mont.*

FIVE-YEAR-OLD Burton, on his first trip to the coast, marveled greatly at each new wonder of nature, asking often, "Mother, how did that get there?"

His mother, answering the easiest way, usually replied, "God made it."

He seemed satisfied. When they came to a particularly gigantic mountain range, he asked dubiously, "Did God make them too, Mama?" "Yes, dear," replied his mother.

Burton sighed, but philosophized, "Well, I'll bet he had some help that time."—*Mrs. R. M. B., Doniphan, Neb.*

JOAN, what must we do first, before we can expect our sins to be forgiven?" asked the Sunday School teacher.

"We must sin first!" was Joan's logical but unexpected reply.—*A. I. T., Los Angeles, Calif.*

THE first time David heard a radio he said:

"I like it, but I like fresh music better."—*Mrs. C. C., Chicago, Ill.*

next to **Wings**

WITH children, speed comes ahead of everything. The proudest and most popular always is the one who can outspeed the rest.

Rollfast Skates are the fastest, finest roller skates made today. Skate experts say so. In addition, they are sturdy, safe and long lasting.

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This safety feature permits the skate to give freely. Yet extended to full length, Rollfast Roller Skates never sag or bend.

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Rollfasts run on self-contained dust-proof ball bearing wheels, with big ¼" steel balls mounted on rubber cushioned truck.

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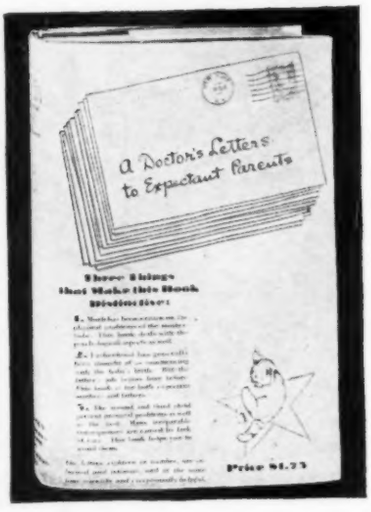
Are You

or any of your friends

Expecting a Baby?



Dr. Frank Howard Richardson's latest book, charmingly illustrated, is just out. He is one of the Advisory Editors of and a frequent contributor to this magazine. You will find this book helpful, comforting, inspiring. Order a copy for yourself or send it to a friend who is expecting a baby.

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An INVALUABLE Book

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invaluable—because it is written for the expectant father as well as the expectant mother.

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On Hitching to Stars

(*Continued from page* 16)

valuable energies. Yet when it is an incentive to action and not an opiate to restrain it, day dreaming is worth while. As a lad, Warren Hastings, the first Governor-General of India, lived near his ancestral home which had been lost by folly and extravagance. While wandering in its meadows and parks he foresaw its restoration to his family. His dream persisted. It led him to India, where, after many years of arduous toil, it was finally realized. But for that youthful image in his heart, Hastings might not have been one of Britain's greatest viceroys. It was the vision which compelled St. Paul to make his body the living bridge between the east and the west. Across that bridge marched the conquests of the Cross and the benefits accruing to it.

IF you can help the boy or girl to hitch his wagon to a star, by all means do so. The loftier the aim, the farther the arrow is sped. You will never know what you can do till you attempt the apparently impossible. But we should not forget to strike the balance between day dreaming's extremes. There are sanguine temperaments given to delusions in painting the future. The cure for these cases is action, and again, action. Deliverance from futility, disappointment, rage and the cynicism which is the spirit's "sleeping sickness" lies in the task nearest at hand. The girl who leaves the dishes unwashed and the bedroom unswept while she dwells upon the perfect lover who shall presently enter her kingdom had better wash up and sweep while she dreams. The boy who thinks he is Lindbergh's successor had better wash the automobile. Renew your hold on life by grappling with the actual. But inject the ideal into it. Do not quit your place of duty for the sake of fluttering shadows and illusions of unchecked imagination. The art of life consists for us all in translating the best we can conceive into what we are and what we do, expecting little from others and much from ourselves.

Motion Pictures for Children

(*Continued from page* 32)

friend. This problem, we understand, is post-adolescent. We therefore advise parents to suffer their little children not to suffer through this mess of duality and duplicity.

PREP AND PEP (*Fox*). A good picture for children of pre-collutch days in Culver Academy, in which a boy cursed with the name of Cyril struggles bravely and finally proves, by means of grand heroics, something or other that doesn't make much difference, although the cameraman does a good job.

PLAYTIME (*Visugraphic*). A two-reel moving picture calling attention to the great need for more playgrounds. An interesting short film for clubs and child welfare organizations. You may get it from the Visugraphic Pictures, Inc., 247 Park Avenue, New York.

Books for Boys and Girls

Especially for Birthdays

By Alice Dalgliesh

Teacher of Story Telling for Children, Teachers College, Columbia University

The boy who is interested in aviation, and his father as well, will be interested in

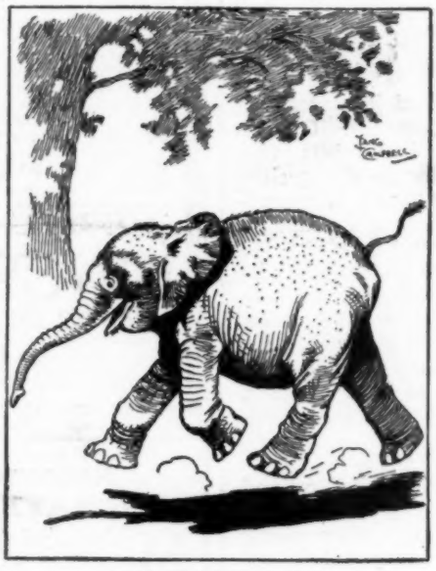
If You Want to Fly, by Alexander Klemin. *Coward, McCann.* $2.50.

Professor Klemin of the Daniel Guggenheim School of Aeronautics, New York University, has written a book that will be read and re-read by boys interested in flying. Peter, aged fourteen, becomes his aviator uncle's mechanic, learns much about airplanes and finally learns to fly. Very clear, interesting and simply written with many diagrams and quite different from other books on aviation. (Age 10 and over.)

For boys, girls and grown-ups who like animals

Wild Animal Interviews, by William T. Hornaday. *Scribners.* $2.50.

The former director of the New York Zoo has written imaginary interviews with some of his animals. Interesting, with much authentic information and good pictures of animals. Some chapters are "The Step-Mother Elephant," "The Young Lady Tiger," "King Penguin Gives an Audience." (Age 10 and over.)



THE PYGMY ELEPHANT BABY.
She was a lesson to American girls and boys in Contentment.

Illustration from "Wild Animal Interviews," by W. T. Hornaday. Published by Scribners

For the boy who likes stories of adventure

The Boy's Trader Horn, by Kenneth Payson Kempton. *Simon and Schuster.* $2.00.

This is an abridged and edited edition of the story of Trader Horn, with much of Trader Horn's rambling conversation omitted. (Age 12 and over.)

For the younger girl who likes stories of real life

Skip Come-a-Lou, by Ada Claire Darby. *Stokes.* $1.75.

A charming little story of the South in the days of slaves, patchwork quilts and pantalettes. The name is taken from an old-fashioned round dance. (Age 8-10.)

For the girl who likes stories of adventure and romance

Caravans to Santa Fe, by Alida Sims Malkus. *Harpers.* $1.75.

An historical romance with the scene laid in Santa Fe one hundred years ago. A good story though perhaps somewhat overdrawn in places.

The Ranch of the Golden Flowers, by Constance Lindsay Skinner. *Macmillan.* $1.75.

Another tale of Spanish America by an author who knows how to tell a good story. The heroines are fair-haired Tess and dark, Spanish Munita. (Age 12-14.)

For the girl who is going to travel

Where It All Comes True in Italy and Switzerland, by Clara E. Laughlin. *Houghton, Mifflin.* $2.00.

Clara E. Laughlin, well known as the author of the "So You're Going" guide books, has written, in story form, a very readable travel book for girls. The adventures of her nieces, Betty and Mary, are related by themselves in interesting and amusing style. (10-12.)

Timothy Travels, by Daisy Newmann. *Coward, McCann.* $2.50.

Timothy, an American boy, travels through France, Switzerland, Germany and the Netherlands. It is interesting, though somewhat too instructive in places, and one does not always have the feeling that Timothy is a *real* boy. (Age 10-15.)

For children who enjoy fanciful stories

Alice's Adventures in Wonderland, By Lewis Carroll. *Macmillan.* $2.00.

A new edition of "Alice" in honor of the fact that the original manuscript has come to this country. Children will love this edition, for, while the original Tenniel pictures are used, many of them appear as full-page illustrations *in color.* The end pages are particularly nice, for all our friends—the Hatter, the Rabbit, the Queen and others appear in gay colors. (All ages from 6 on.)

Black Folk Tales, by Erick Berry. *Harper.* $2.00.

Attractive in content and in format. The stories are folk tales from Africa, many of them explanatory of nature facts or animal peculiarities. Unusual decorations by the author. (Age 7-10.)

For those who like books from and about other countries

Juniper Farm, by René Bazin. *Macmillan.* $1.75.

A delightful French story about Juniper Farm, which was "like a regular

(*Turn to next page*)

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A scientific record of your child's mental and physical development

At last the book that physicians have long wanted parents to keep . . . *the scientific baby record!*

It's not only a happy memory book but a means of recording every detail of baby's birth. In later years it will serve as a history of your child's development.

Such a history is the first thing the modern physician asks for. It aids him in his diagnosis and enables him to correct weaknesses that may cause ill health in later life.

"Our Baby's First Seven Years" was compiled by Hermien D. Nusbaum, for the Chicago Lying-In Hospital. In addition to many pages for photos and mementos, it abounds with scientific charts for recording baby's progress.

Mail coupon today for a copy of this book. If it doesn't fulfill your expectations your money will be returned immediately.

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NOW through a marvelous new engineering triumph a genuine Twin-Arc Ultra-Violet Lamp has been perfected which sells at only 1/2 to 1/3 previous prices! Developed by one of the country's leading manufacturers of electrical equipment for physicians and hospitals. Doctors have found that frequent sun baths during winter and spring help to prevent colds, grippe and pneumonia—that under medical direction they often relieve rheumatism, sciatica, neuralgia, hay fever, asthma, pleurisy, catarrh, boils and skin diseases. Previously lamps producing the healthful Ultra-Violet and Infra-Red Sunlight Rays have been so expensive that few families could afford them. But now through this new invention you can secure this marvelous Twin-Arc Ultra-Violet Lamp for only $48.50!

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Books for Boys and Girls

(*Continued from page* 63)

Noah's Ark with its rabbits, geese, chickens and even the tame starling in its wicker cage." There were four children on the farm—Max, Peter, Vincent and Jeanne, who had "a little round freckled face with greenish eyes just the color of the first springing blades of barley." The ending is a trifle sad, for the family separates and the children go their individual ways. (Age 9-11.)

BOY OF THE DESERT, by Eunice Tietjens. *Coward, McCann.* $2.50.

A most interesting story of Arab life, with plot and atmosphere. In it we meet all the inhabitants of the desert including the camels, who have real personality, and "Son of Satan," an attractive little donkey. (Age 6-8.)

"Now This Is What I'd Do—"

(*Continued from page* 30)

or others. Has he good judgment? If so, he will take no chances. On the other hand, driving will teach him to be careful, to think quickly in trying situations. The very fact that he has sacrificed to buy his car will make him all the more careful to avoid accidents. He can carry his papers with less expenditure of time and strength. It will give him pleasure, pride of possession, and a certain prestige among his friends. So, if possible, let him keep his Ford and get all the benefit he can from it.—*Mrs. L. A. Abbott, Fort Wayne, Ind.*

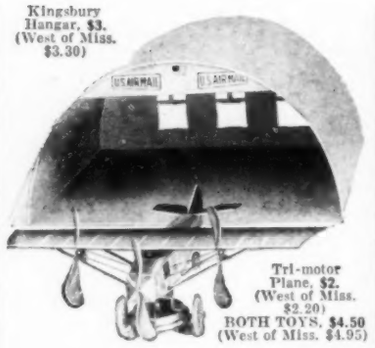
Third Prize

A boy of such thrift, industry, and initiative as John has displayed at fourteen should be dealt with very wisely lest these qualities be retarded if not quenched. If possible, any arbitrarily repressive measure should be avoided, and only such means used as will further his healthy development.

John appears to me to be able, therefore, to be shown the need of each member of society to be law-abiding, and that the liberty of one must be so used as not to endanger the lives of others. Hence our laws. With John I would consult a kind and knowing judge, and if possible secure his permit for John to drive under such conditions as proposed by John himself in your question. At that, he would probably be a safer driver than many others better qualified legally. For a boy who earned a car as John did his would no doubt do his best to protect it from accident.

Not only would I have the judge explain the whole situation to John, but as a parent I would go over the ground with him and show him what the responsibilities of his driving would mean in consequences to all concerned if he should be in an accident while driving.

I would, therefore, let him keep the car, encouraging him in the careful use of it under limitations. I should seek to instill in his mind the truth that no one lives to himself alone. The strength of the pack is the wolf, and the strength of the wolf is the pack.—*W. J. Dudgeon, Bay City, Mich.*



An AIRPORT *all your own!*

WATCH the gleaming metal monoplane go taxi-ing out of its hangar—all three propellors spinning—then go "banking" round and round the field. Just like life! Can you think of any toy an up-to-date boy or girl can have MORE fun with? Both aeroplane and hangar strongly built, all of steel. Plane has 15-in. wing spread. Equipped with long-running speed motor. Disc wheels with real rubber tires. Hangar 18 in. wide, aluminum finish. Ask to see them at your toy dealer's. If he hasn't them in stock, order direct. We will ship parcel post paid at above prices.

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5564	35 cents	5580	45 cents
5567	35 cents	5561	25 cents
5606	30 cents	4952	35 cents
5607	35 cents	5032	30 cents
5654	45 cents	5102	30 cents
5380	30 cents	5324	35 cents

To Help You Solve the School Problem

The harassed parent has, perhaps, no more perplexing problem than that of choosing the school with the type of background best adapted to his child's needs. We have published a booklet on this subject, and will send it to you gladly, without charge.

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Trade Secrets

Everyday Helps in the Everyday Business of Bringing Up Children

First Lessons in Sewing

HOWEVER NEATLY ready-to-wear garments are made, buttons are hardly ever sewed on tightly, and the buttonholes, made by machinery, will often rip out. To re-sew the buttons in place with strong thread before the article goes into use, is no difficult task for Small Daughter; and re-working the buttonholes is not half so hard as taking one's first lesson on fresh-cut muslin. If Daughter is old enough to be initiated into the use of Mother's sewing machine, she can run an extra line of stitching around the armholes of nightgowns or dresses, thus preventing the rips which so often begin there; and she will wear any one of these garments with the sense that she has helped to make it. If she is allowed to blanket-stitch in color the edges of plain collars and sleeve-bands, her pride will be worth seeing.—*A. D., Great Barrington, Mass.*

Why Not Substitute?

OUR LITTLE fifteen months old toddler, like many other babies, is always finding undesirable articles such as bits of coal, a pair of scissors, or a piece of choice glassware. To take a newly discovered find from him often causes a big cry. But we found that peace and happiness could be maintained by handing the baby an article that would not hurt him, as the undesirable one was taken from him. Try it, parents, for it works!—*Mrs. C. F. S., Birmingham, Ala.*

Dust That Quarrel Away

WHEN MY TWO-YEAR-OLD BOY and three-year-old girl begin to quarrel I find I can distract them by giving each a little piece of material for a duster. They will then work contentedly for a long time dusting everything from the furniture to toy giraffes! They love dusting and incidentally learn to help me by tidying up.—*Mrs. A. A. S., Devon, Pa.*

Better Speech

ONE DAY MY SIX-YEAR-OLD daughter came home from school, in tears. It seems she had been answering "Yeah" for "Yes" and the teacher had corrected her. That evening we held a family council and called attention to careless habits of speech. My son, who is eleven years old, became interested immediately and suggested that each one of the family be fined a penny each time he was "caught" saying "Yeah" instead of "Yes." Other inelegant expressions, were added under the same conditions, "I bet" for "I think," or "I believe" and such expressions as "By gee," "By heck," etc., were penalized. The game is working; it gets results, and what is more, it is great fun!—*Mrs. R. V. E. Cabot, Vt.*

Fun for the Four-Year-Old

IF YOU WILL KEEP your emergency shelf of canned goods and cartons on shelves within reach of the three and four-year-olds, you will be amazed at the endless pleasure they will get from playing with them—making steam-rollers, engines, automobiles, trains, towers, etc.—*A. B. L., Mount Vernon, N. Y.*

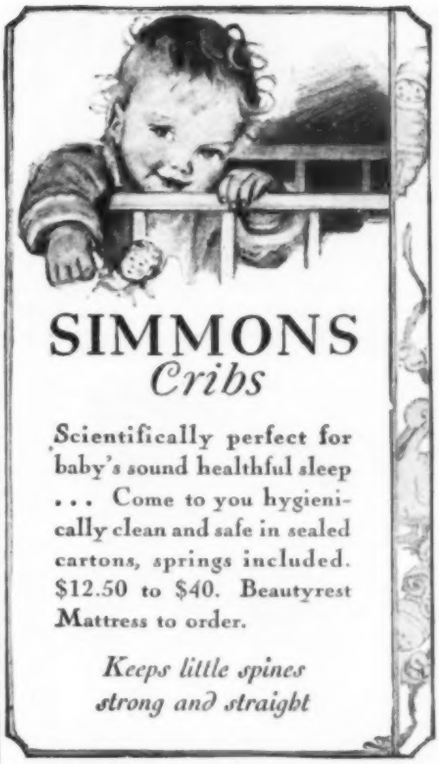
Putting Away Winter Clothing

YOU WILL FIND that it greatly simplifies the planning of the wardrobe of the family of several children if a complete list of the articles stored away from one season to the other is kept. You can list each child's belongings under his name, for example: Bobby, six pairs of socks, four nightgowns, six shirts etc. The list may be looked over when ready for shopping and notations made as needed. —*M. Z., Kansas City, Mo.*

Spinach Picnic Style

WHEN I FOUND that my little boy, aged two and a half, did not care for spinach, I set to work to think of a successful disguise. Remembering that he loves the "picnic" idea of the sandwiches we always take for our train lunch when we go to Grandma's, I tried spreading thin slices of whole wheat bread thickly with butter and putting a spoonful of spinach between, making a sandwich. As time went on I put a thicker layer of spinach between the bread, and now he has forgotten his dislike of the vegetable, and asks for a regular plate helping, in addition to his "sandwich."—*Mrs. R. W. C., N. Y. C.*

If you have "trade secrets" that would be helpful to others, tell them to us briefly. For every "trade secret" published one dollar will be paid on publication. Unaccepted contributions to this department will not be returned. Address Managing Editor, CHILDREN, The Parents' Magazine, 255 *Fourth Avenue, New York, N. Y.*



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Genuine Chautauqua Desk

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The picture shows only two of the many adjustments and ways for using the Chautauqua Desk and Equipment.

Rev. Lewis F. Freyberg, Zanesville, Ohio, says: "We have used one in our home for at least ten years in the training of our five children and we could not give it up now. The desk is something more than just a plaything to amuse and keep a child busy. With it the child can learn much for himself."

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Things *for* Children

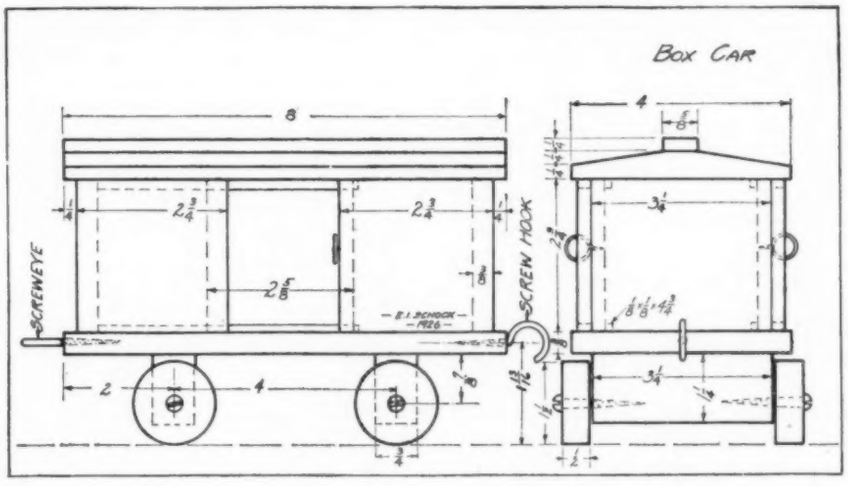
Games, Handcraft and

Edited by the Playground and

Wooden trains which any ingenious boy will delight to make

A TOY train that can fall downstairs without injury, is easy to build and has been a source of delight to all the small boys of a neighborhood—as well as to their Dads, is shown in the photograph. The drawings give the plan for the engine, tender and box car. Other cars, as well as signals, crossing gates, water towers and stations may be added by an ingenious young builder.

The train was built from grocery boxes and large and small dowel sticks, with a few small metal parts, and was painted with enamel paint. Large dowels may be secured from spool manufacturers, pattern makers or from the wood-turning class in a high school. The cars are large enough to carry spools, blocks, small boxes and other freight.



THE ENGINE—The wheels are pieces ½" thick, cut from a dowel 1½" in diameter. In the center of each piece drill a hole slightly larger than the diameter of the screw, so that the wheel will turn freely when the wood is damp. Next make two axles 3¼" long, 1¼" high and about ¾" thick, with small holes in the ends for the wheel screws. These screws should be about No. 8, 1½" long, with round heads. No washers are necessary.

Cut a platform piece, 4" x 8" and about ⅜" thick and fasten on the axles with large nails or screws. On this mount the front of the cab, and the saddle for the front end of the boiler. For the boiler, cut a piece 2" square and 5⅛" long. Plane it 8-sided, having all sides of equal width, then plane off the corners to make it round. If a lathe is available, a better boiler can be turned. Drill 3 holes in the top for the whistle, dome and stack, and drive these pieces of dowel in place, using a little glue on the ends. The headlight is a piece of ¾" dowel nailed to the front end of the boiler.

The air compressor on the right side is made from 3 pieces of dowel nailed to the platform. Make two cab sides with a 1"-square window in each. Nail these to the front of the cab and to the platform. Nail the boiler to the front of the cab from the inside of the cab, arranging the nail heads to look like steam gauges. Plane a curve to the cab roof and nail in place.

Screw on the wheels, leaving plenty of side play, and put a screw-hook in the back of the platform piece for a coupling to the tender.

Paint the outside of the engine black. The inside of the cab may be some bright color.

THE TENDER — The tender is very simple, and should be built without difficulty from the drawing. Its couplings consist of a screw-eye in front and a screw-hook in back. Use large ones, so that small fingers can manage them.

THE BOX CAR—The trick in making the box car is to have the doors slide freely. A door which fits perfectly when made may stick in wet weather.

Nail two axle pieces to a 4" x 8" platform, the same as for the engine. Cut four pieces ⅛" x ⅛" x 4¾" to act as door guides. Nail two of these in place on the platform of the car. Cut a 4" x 8" x ½" roof, and bevel the sides so the rain will drain off. Tack a ⅝" x ¼" walk-way along the top. Measure carefully the position of the

to Do *and* to Make

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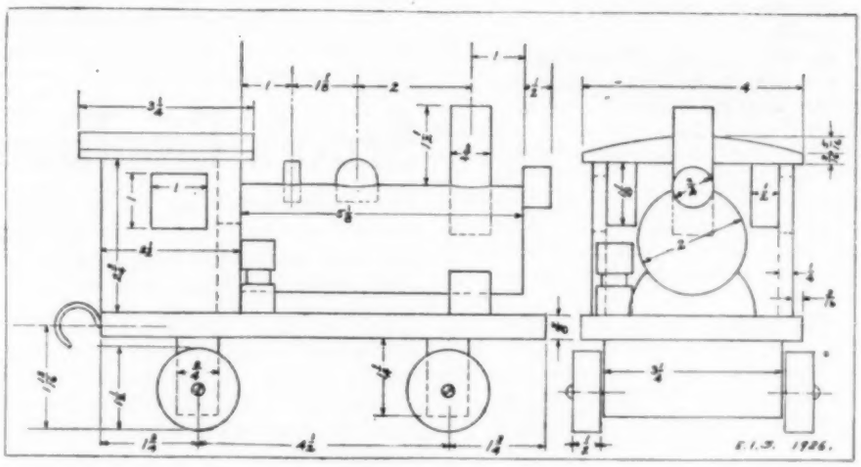
Recreation Association of America



door guides on the under side of the roof, so that they will come just over the floor ones.

Cut the sides and ends of the car to size and nail them in place, nailing up through the bottom with long brads. The sides of the cars are 2¾" high, and each door should be 1/16" less than this for an easy fit. Make two doors and put on their screw-eye handles.

Before putting on the roof, paint the inside of the car some light color. When the inside paint is dry, hold the doors in place by their screw-eye handles and try the roof. Do not nail it in place until you are sure the doors fit and slide freely. Put on the wheels, and the car is ready for the paint shop. I think our best-looking car is one with orange sides and ends, gray roof and platform, and black wheels. The name of the car may be lettered on with a ball-point pen and black India drawing ink.—*E. I. S., Kingston, R. I.*

For Teen-Age Parties

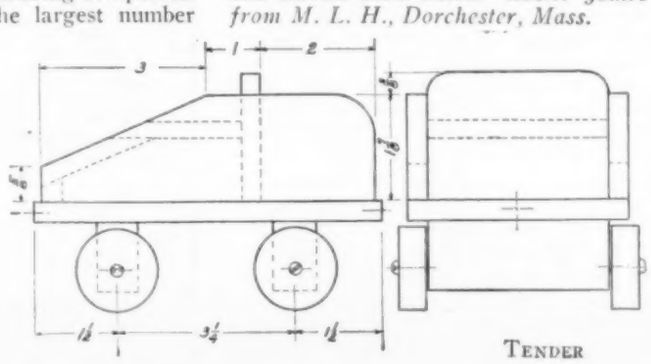
Advertisement Contest—Cut out of magazines and newspapers nationally known advertisements and paste them on numbered cards, separately, omitting the advertisers' names. Hang the cards around the walls of the room on the "eye line." Give each guest a paper and pencil and ask them to write down the names of the advertising companies. The one who has the largest number correctly named is the winner. Another plan is for the hostess to call off the slogans of well-known advertisers, giving the guests thirty seconds to write down the name of each advertiser. —*M. Z., Kansas City, Missouri.*

Easter Fun

Egg Tenpins—Clothespins are dressed up to represent flower children, with paper costumes of different colors. Stand up ten of them on the dining-room table as tenpins are placed, and roll hard-boiled eggs to knock them down. Green may count 5, red 20 and so on. Allow each child two eggs to roll across the table, and count those clothespins which are knocked down. Eggs do not roll as easily as balls, and much fun will be caused by the results of their peculiar rolling.

Ring the Bell—A bell hung between two little posts or sticks and placed on a table may be the goal for egg rolling. Let each player roll six eggs at a time. Each time the bell rings, 10 is added to the score of the one who rolled the eggs. The score is 50, but with small children 25 may be a high enough one. If the bell is hit, but does not ring, it does not count.

Egg Jack Straws—Put a pile of small candy eggs on the table and give each player a pair of candy tongs, which any candy store will have. The game is like Jack Straws. With the tongs take up as many eggs as is possible without moving the other eggs. Little baskets may be furnished, in which the child puts the eggs he picks up and carries them home.—*Easter games from M. L. H., Dorchester, Mass.*



Tender

EASTER . . . riotous red tulips . . . yellow daffodils . . . Easter bunnies and eggs . . . downy yellow ducks and chicks . . . don't you wish . . . well, don't we always wish . . . we were kiddies again and could "color things and draw, mother, it's such fun!"

But the best we can do is to help the children enjoy "coloring things and drawing." A box of Crayola wax crayons . . . a tablet of white paper, and the world of color and joy is theirs. Cunning bunnies . . . downy yellow chicks . . . flowers in gala reds and yellows and purples . . . Crayola colors all of them, made up in sticks just the right size for little hands to hold, and paper wrapped so they are clean and easy to handle.

Are you planning an Easter Party for Mistress Lina or Master Paul? We have a Party Booklet of suggestions for Easter and other Seasonable Parties . . . send us the attached coupon with 20c in stamps. And here's a tiny bunny for Mistress Lina to color and send in for a picture - booklet FREE.

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In attractive doll house containers

SEND FOR BOOKLET ON NURSERY RUGS

Friction in the Family

(*Continued from page* 21)

encountering in dealing with their sixteen-year-old daughter. "If only children weren't such Know-It-Alls!"

This egotistic frame of mind is natural to the adolescent. He is experiencing marked physical changes. Along with these changes come increased strength, power, vitality as well as the growth of secondary sex tendencies and the expansion of those emotions which grow out of sex differences. The psychological development of the adolescent, the gusto which accompanies his increasing powers, the fact that for him the whole universe is changing and unfolding accounts for his young egotism and the fact that he believes his ideas are vastly superior to those of his parents.

The adolescent has the feeling that the world has so greatly changed since the youth of his parents that they are not abreast of the times and do not understand present-day problems and situations. That is why certain problems arise in connection with boys and girls in their teens which parents cannot solve, largely because they are not permitted by the adolescent to solve them. The best that parents can hope to do under the circumstances is to bring to their young people an intelligent interpretation of these problems, hoping that these may be found acceptable.

BUT the situation is not quite so desperate as parents frequently feel. The fact is that under all the dogmatism and cocksureness of the boy or girl turned adolescent is hidden a great deal of doubt and uncertainty. These half-grown children of ours are not always so self-sufficient as they at times seem to think themselves. Adolescence is a period of inconsistencies. The boy or girl revolts against the family when, actually, he cares tremendously about that family. He revolts against institutions to which sooner or later he will give whole-hearted support. In other words, adolescents are rebellious, unstable, and they suffer from emotional strain. Irritation, self-consciousness, timidity, exaltation, restlessness, enthusiasm and regret follow each other rapidly across the stage of adolescence. Yet all the while there is taking place tremendous growth, a broadening of thinking, a deepening of the emotions. Many of the problems which cause friction during this time are really characteristic of the period rather than of the child. Parents who are upset, worried and unhappy because of such friction should realize that they are overemphasizing it, and that every other family with adolescents is going through the same experience. The adolescent will find himself, his problems will be adjusted, he will grow up. Meantime, what he needs most are parents who are patient, understanding and sympathetic.

So far we have dealt in general with the situation in which parents and adolescent children find themselves. How do these general principles work out in concrete cases? What are common

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Emulsified cod-liver oil ***is manifestly more beneficial*** to those who need cod-liver oil because it is more easily and readily digested or assimilated than unemulsified fats or oils.

Scott's Emulsion also assures freedom from the natural fishy taste of cod-liver oil. ***This alone is an advantage that makes its benefits possible to thousands who cannot relish unemulsified forms of cod-liver oil.***

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If you have a child between the age of 6 months and 5 years get the youngster an Ah Mah Tiny Toilet Seat.

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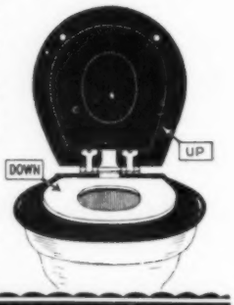
Ah Mah Tiny Toilet Seats fit standard toilets, and are easily attached by a spring clamp. They are made of 3-ply wood, and finished in 4 colors—Blue, Green, Orchid and White. Price $1.50 complete.

If your dealer cannot supply you, we will send one, postpaid, in your favorite color upon receipt of regular price



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causes of friction between growing children and their parents? How may they be met? It seems to me that one of the most common causes of trouble between the girl in her teens and her mother is the question of what the girl should wear. On this rock mother and daughter split. About this rock eddy and swirl great waves of friction. I am on the side of the daughter here. How many mothers let their children buy their own clothes and buy what they themselves like, rather than what mother thinks proper? If the child makes an error of judgment she can learn something by it. Adolescent girls should have a dress allowance and should learn the value of money while developing their powers of judgment. Girls are eager to appear to the best advantage and they learn more from their own mistakes than from the warnings of parents. Boys who are given an allowance on which to buy their own clothes have much less opportunity to make mistakes than girls do, but proper training should be given to both before the allowance is made. Let the budgets of the children—the money to be spent on clothes, transportation, pleasure, etc., be planned by children and parents together and thus an added sense of companionship is established.

But parents extend their authority far beyond problems of dressing. They comment on their children's friends, basing their preferences on style, intelligence and manner. Such comment leads inevitably to friction. The adolescent boy and girl are intensely loyal. They resent their parents' attitude toward their friends. Parents also make comparisons between the actions of present-day young people and the way youth behaved when the parents were young. Nothing is more irritating to the adolescent, who finally wonders whether his parents are hypocrites or merely stupid.

"TOM does not seem interested in school. His Latin and French are 'way below even passing grade," or "Jane is failing in mathematics and she doesn't seem to care." These are common enough laments, common enough causes of friction between parents and their high-school boys and girls. "What can I do?" fathers and mothers ask. With all the best intentions in the world they can do very little in a direct way. It is entirely desirable that parents should co-operate with the schools, that they should be interested in their children's progress and sympathetic toward the aims of their teachers, but this does not mean that they should indulge in a constant prodding of their children. They should not feel free to indulge in that all too common sport of parents—nagging. In this situation as in others parents must foster independence in the adolescent. The latter should be made to feel that his is the responsibility of doing creditable work at school. The parents' task is to endeavor to make plain to him the satisfactions and enjoyments that result from the exercise of his mental faculties and the

(*Turn to page 70*)

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THE BRANSUN ULTRA-VIOLET PROJECTOR brings right into your own home, the life-giving power of sunlight. Nothing does more to make children well and keep them well, to ward off colds, croup, and other respiratory affections. It helps them to ward off measles, scarlet fever, diphtheria, chicken pox, mumps and other diseases because it helps increase the number of white corpuscles, makes the blood richer in oxygen and stimulates circulation. It helps them combat rickets—no better remedy has ever been discovered. It promotes normal, healthy growth, helps both to build up under-weight and reduce over-weight.

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You will find it a keen pleasure to shop through this style book, especially when you realize what genuine savings are offered. Satisfaction guaranteed or your money refunded. Write today for your own copy of this Style Book—it is yours FREE.

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My grocer is _____

Friction in the Family

(*Continued from page 69*)

attainment of goals commensurate with his intelligence. They can best stimulate his intellectual growth by providing him a home where thoughtfulness, intelligence and mental calibre are appreciated.

Probably one of the most common criticisms made of young people is that they are bad mannered. Good manners are the oil that lubricates the machinery of fine living, but the bad home manners of adolescents are not always signs of the real character of the children. An adolescent may be scrupulously polite when visiting, he may be a thoroughly civilized person in social life, whereas at home he is crude, careless and indifferent to correction. He reasons that, after all, some things may be permitted at home which are not permitted abroad. Mother may appear at breakfast in negligee. Father may loll in his armchair after dinner. So if adolescents are careless, it is sometimes only an expression of the freedom of home relaxation.

It is also true that in his very effort to reveal the development of his personality the adolescent seeks for ways and means of trying to shock. He refuses to conform. He tilts at windmills. At other times he disagrees just for the sheer joy of testing his vitality.

ONE difficulty in dealing with adolescents in this modern machine age is that there are few if any responsibilities that the child may assume in the home. It is difficult to find one necessary chore for a city child to perform in a home where there are servants. But in homes which have no servant there are numerous chores that represent possible responsibilities. It is not necessary to make the jobs always the unpleasant ones—as dish-washing, which mother dislikes. Responsibilities must be found for the adolescent if he is to feel that he has an integral and necessary part in the family's life. His interest and help can be enlisted if he is wisely approached. The child must see in family processes an end for himself before he can see the family good as his goal. His own returns whether in money, rewards, opportunities or satisfaction become the earliest motives to lead him to willing co-operation. Willingness to co-operate is born at this period and at this time the great loyalties of life develop—loyalties to family, to companions, and even to institutions against which adolescents struggle.

Friction, after all, is a means of rounding out personality just as cakes of metal may become balls in a tumbling machine. It is friction, mild and varied, that eventually brings about a certain degree of conformity among mature human beings. Friction rounds out personality, but does not alter the metal of which it is composed. Family friction helps the adolescent to gain an understanding of himself, of his parents and of family life. I do not advocate bigger friction, but better friction.

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Make Them Like It

Your child has vital need of milk and you owe it to him, on your responsibility as a parent, to see that he takes it. But the way is not to scold or threaten him, but to offer it to him with a STONE'S SANITARY STRAW, as though it were an ice cream soda. Thousands of parents and school dietitians have discovered that this is a device that works almost invariably. A straw makes any good drink taste better. Furthermore, straws prevent gulping—thereby aiding digestion.

It's a good idea to keep STONE'S SANITARY STRAWS always on hand for this and other purposes, for instance, for use in the sickroom and for serving cool drinks on all occasions. Get the handy ten-cent home package from your druggist. If he does not have it, send us the coupon and ten cents (stamps or coin).

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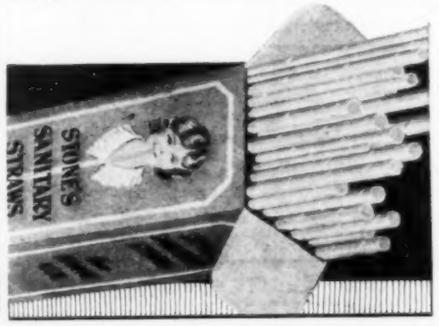

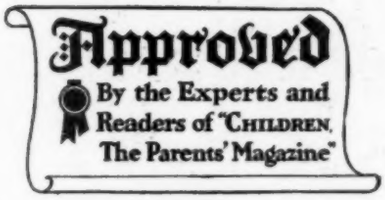

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March

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This Bureau, which is conducted solely to help groups interested in child training and welfare, is now rendering FREE service to hundreds of organizations. Parent-Teacher Associations, Child-Study Groups, Pre-School Circles, Mothers' Clubs, Home Economics Groups, Child-Study Classes, Church Clubs, Women's Clubs and similar bodies are cordially invited to take full advantage of this service.

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All questions pertaining to group work will be gladly answered. Address Director, Group Service Bureau, CHILDREN, The Parents' Magazine, 255 Fourth Avenue, New York.

When a Girl Gets Boy Crazy

(*Continued from page* 19)

she will later on be self-conscious and afraid of her own natural impulses.

It takes considerable sacrifice on the part of parents to open up their homes hospitably to girls and boys of this age. They are not careful nor particularly grateful nor thoughtful. I recall, as I write, of hearing a heavy crash one evening down in my living room where my eldest daughter was entertaining some of her high-school friends. When I came downstairs a little later, I found a contrite boy with tousled hair who confessed that he had tried to turn a handspring in the living room and one foot had hit my favorite lamp. But he bought a new shade, and I only suggested to him that another time he might try his handspring on the porch.

But can't you yourself remember how happy you were with your boy and girl friends at some home where you were all made welcome, where you could go into the kitchen and make fudge or sandwiches, or stand around the piano and all sing in very close harmony? Later you sat out on the veranda in the glamorous summer darkness and someone perhaps played the mandolin or "uke," and you all paired off in couples, two in the hammock and two on the rail and two down on the front steps? Was there any real harm in it?

CERTAINLY I do object to automobile parties for girls of this age, and unchaperoned beach parties, at least those I know about. Long after it has happened, I sometimes hear of a party that has been thought up all at once and not officially reported. But by putting the whole thing on a sporting basis, the children come to consider it unfair play to try to put anything over on mother and father.

If you feel that common sense and your own remembered experiences fail to help you in coping with this problem with your own girls, I fear that as a parent you may be lacking in good sportsmanship yourself. Your girls are dependent upon you for courtesy and consideration quite as much as for food and clothes. They should have the feeling that the home is as much theirs as it is yours and that they are entitled to certain rights and privileges in it. If you care about retaining their friendship—which is something very different form natural affection—you must give them a home life now that satisfies their needs.

My Daughter

By Helen Richards Cook

But yesterday you cried,
and I was blessed
To feel your helplessness
against my breast.
Today you laugh, and I am sad to know
That many things are going
to hurt you so.
Tomorrow you will gaze, clear-eyed
Beyond the laughter and the tears,
And I shall triumph, for I know
That you will conquer all life's fears.

This Mothers' Club of Terre Haute, Indiana, find these group programs a great help in the rearing of these bright youngsters

For Your Next Meeting

A Program for Discussion by your Parent-Teacher Association, Mothers' Club or Child Study Group

Prepared by the Child Study Association of America

THE following outline for study is based on the article entitled "Friction in the Family," by Ira S. Wile, M.D., which appears on page 21 of this issue.

Questions

(1) Because a number of people belong to one family group, ought one to expect that they will: (a) think alike on all important topics? (b) disagree more often than chosen friends? (c) be tolerant through their understanding of one another's natures?

(2) Do parents and their adolescent children frequently disagree because: (a) they belong to different generations? (b) young people are wiser and quicker than their parents? (c) their standards of conduct are so different?

(3) Whose fault is it that there is so much friction between parents and children?

(4) Does not giving children a great deal of independence tend to give them an exalted idea of their own powers?

(5) When does a child "come of age," sufficiently to make independent decisions regarding his actions?

(6) Would it be a desirable thing to eliminate all struggle from the lives of adolescent children? Can they learn through friction?

(7) Are there salutary and unsalutary types of friction?

Points to Keep in Mind

(1) Progress implies differences of opinion. Complete agreement is neither possible nor desirable.

(2) Growing up is characterized by a yearning for independence of thought and action which is often disturbing to parents, who have been accustomed to a more submissive attitude on the part of their children.

(3) Friction frequently arises over differences in regard to transient customs rather than over basic standards of right and wrong.

(4) A dictatorial attitude toward adolescents makes for family quarrels.

(5) The understanding parent must have the ability to stand on the sidelines, and watch his children make mistakes. It is possible to handicap children by thinking for them, and by supervising them too closely.

(6) Much of the apparent self-assurance of the adolescent masks feelings of insecurity and inferiority. The wise parent sees the real child through his defensive disguise.

(7) Harmony between parents and children depends upon the parent's ability to see problems from the child's point of view, and even at times to yield gracefully.

How to Use This Program

Appoint a leader who will first read aloud the article on page 21. The leader should then present for discussion the various questions given below. She will next request various members of the group to take up, one by one, the Problems for Discussion. At the close of the meeting it will be found helpful for the leader to read the summary of the main points made in the article. In advance of the meeting, the various book and pamphlet references should be assigned to members of the group, who will report on them at the meeting.

Ask your public library to co-operate with you in providing the books or pamphlets listed for your reading.

Problems for Discussion

(1) Mr. and Mrs. Baker were very particular in the choice of companions for their children and were careful to move only in those circles where the children would meet desirable friends. They were greatly concerned about sending John away to college for fear that they would be obliged to relax this strict supervision and that John might form undesirable associations. Discuss this problem. (*Turn to next page*)

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For Your Next Meeting

(*Continued from page 73*)

(2) From the time she was a little girl, Mary was permitted to exercise a certain amount of choice in the selection of her clothing and the furnishings of her room. There were even times when her own taste carried the day, even though it was not in full agreement with that of her mother. Was this indulgence or wise training?

(3) Billy was a sophomore at college and was greatly attracted to a professor of history whose radical ideas were opposed to the conservative and traditional ideas of his parents. What should the parents' attitude be toward the disturbing philosophy which Billy found so interesting? Should they try to win him over to their point of view or should they urge him to change his course? What other suggestions would you offer?

(4) Mrs. Smith had always prided herself on her advanced and progressive attitude toward modern life. She was very shocked, therefore, when her sixteen-year-old daughter said, "But, mother, you cannot understand, you are so old-fashioned." Is this an inevitable clash between parent and child or is it characteristic of our present generation?

References

PERSONALITY AND SOCIAL ADJUSTMENT, by Ernest R. Groves. *Longmans, Green.* $1.40.

THE PROBLEM CHILD AT HOME, by Mary Buell Sayles. *The Commonwealth Fund—Division of Publications.* $1.50.

THE PSYCHOLOGY OF THE ADOLESCENT, by Leta S. Hollingworth. *Appleton.* $2.50.

YOUR CHILD TODAY AND TOMORROW, by Sidonie M. Gruenberg. *Lippincott.* $2.50.

YOUTH IN CONFLICT, by Miriam Van Waters. *New Republic.* $1.00.

TRAINING FOR RESPONSIBILITY, reprint from CHILD STUDY, January, 1928. *Child Study Association of America,* $0.05.

Look Ahead!

The following references are to be used in connection with the article, "Who Chooses Your Children's Clothes?" by Henrietta S. Ripperger, which will appear in the April issue of this magazine.

ON BEING A GIRL, by Jessie E. Gibson. *Macmillan.* $2.00. Chap. XXIII—Personal Attractiveness.

THE PSYCHOLOGY OF THE ADOLESCENT, by Leta S. Hollingworth. *Appleton.* $2.50. Chap. VII—Finding the Self.

KEEPING MENTALLY FIT: A Guide to Everyday Psychology, by Joseph Jastrow. *Greenberg.* $3.50. Page 193, Your Clothes as Self-Expression.

THE HAPPY CHILD, edited by Dr. Henry L. K. Shaw. *Dodd, Mead.* $1.00. Page 60—Dressing Your Children for Health, by Dr. Howard K. Faber.

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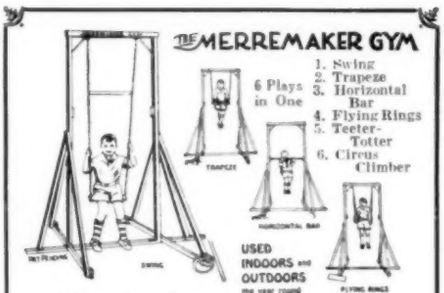

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